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SEPT 2012
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Learning Japan:

A guide to Japan-Related Schools, Classes, and Lessons

SPECIAL INTERVIEW

Lily Mariye
(Actress/Filmmaker)

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The theme on the cover of this month's issue is "Learning Japan". To find out more about it, check out the featured articles from page 8.

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Presented by The No.1 Japanese free paper in NY. NY Japion

"I like when people are knocked out of their comfort zone."

—— LILY MARIYE

If you have ever watched the groundbreaking medical drama ER during its unprecedented 15-year run, you will surely recognize writer/director/actor Lily Mariye. Born and raised in Nevada, this English major turned dancer turned veteran actress is one of the most well known Asian faces in Hollywood, and she is currently making a well-earned transition to directing. Her feature-length film debut, Model Minority is a wonderful character driven film that strives to go beyond the 'what is being Asian-American' question and asks 'what does it take to move forward'? We were pleased to get a chance to interview her prior to the film's East Coast Premiere at the 2012 Asian American International Film Festival.

Where did the idea for *Model Minority* come from?

It started when I went to film festivals for the *Shan-gri-la Café* (Mariye's AF) sponsored, award winning short in 2000). There was a festival where my short was the film before the feature – *When You're Smiling* by Janice D. Tanaka. It is a documentary about her family. Her Nisei second-generation parents had gone to internment camps, and when they got out, they didn't talk about it and kept it inside. It caused a lot of damage, both psychological and emotional, ... and they thought they were shielding their kids from it, but what they actually did was pass on this sort of indeterminate damage that manifested itself in dysfunctional ways like alcoholism and drug addiction. So she made this documentary to open people's eyes and make it okay to talk about it.

When I saw it I thought, what happens to the next generation? If the first generation after the internment is dysfunctional, then their kids are not going to turn out normal, happy and carefree ... the damage was going to be passed down again. And what form does that take? So I started looking around, asking about kids of Nisei, Sansei, and Yonsei ... and what happens to a lot of them is that they get caught up in the wrong crowd, or their parents push them to study – because of their insecurities – things they are not necessarily right for.

I got the title *Model Minority* from a study about the UC system where Asian students were failing and dropping out. So as I came across all of these stories, I took pieces of everything I had heard.

What is your Japanese-American background?

My mother was raised in Northern California. All of her family was sent to an internment camp, except for her and my father because they moved to Nevada. They felt like if you moved inland, the Government would think that you couldn't communicate with Japan. My father was from Hiroshima, and had come here because he had an errant younger brother who was here gambling. He was sent to come get him and send him home, and then he stayed and met my mother and they got married. So he had family in Hiroshima that he was communicating with. When the bomb fell on Hiroshima, he lost contact with them and later found out that they had all been killed. So they had a lot of fear about being Japanese American, especially being in Nevada where there weren't many Japanese-Americans.

How did your acting career start?

I had been a ballet dancer in a small company in Las Vegas. When I got to UCLA, I decided to major in English, and I thought I was going to be a writer. Then I was in a movement for the actor class, and one of my professors said, "Are you in the theater department?" I said no. "Would you like to be? We're doing a production of *West Side Story*, would you like to be in it?" I said "well, okay" — so in order to do that I had to join the theater department, and then I just got sucked into it. I started acting, but I was writing all along, and then I got my first job — a film called *The Best Little Whorehouse in Texas*. I got my SAG card and I was on my way, and I said, 'I guess this is what I'm meant to do.'

How about directing?

One day [on the set of *ER*] I saw one of the actors with headsets on, and so I asked them 'What are you doing?' And they said 'Oh, I'm shadowing one of the directors, Chris Chulak.' 'What does that mean?' 'I'm just following them around to learn what he does as a director.' So I said, 'Well I'm just sitting around here all day, I want to do that'. So they assigned me to two of our directors — Lesli Linka Glatter and Jonathan Kaplan — and they allowed me to shadow them during episodes of *ER*, *West Wing*, and *Gilmore Girls*. And a lot of the crew were a lot of my good friends so they allowed me to stand around and ask, "What is this? What does this do?" It was 15 years of film school!

What was the transition like?

When I got into the directing workshop for women, everybody said, 'Oh you're going to be a director now.' And I said 'I don't know, I've never done it. Let's see what happens.' After years of having to be camera ready all the time, and waiting and waiting to do your little bit — I always felt like if I was on an artist's palette I'd be the color blue. And I was responsible for the color blue and had to do a good job as the color blue, but I was limited by it as well. But as the director I got to choose everything. I got to choose where we were going to be, choose where things were going to go, and especially as the writer, I got to choose what people were going to say. I just loved that I could be an artist in all these capacities. With it, of course, came a huge responsibility, but I enjoy being the traffic cop and the psychologist and the peacemaker and the decision maker. I didn't know I was going to enjoy it this much.

What was the casting process like?

I knew that with the kids, I would have to audition people and see who was out there. But with some of the grown ups, for example — I have known Chris Tashima, who plays the father, for a really long time. But I saw him at the 10 filmmakers conference, where he was on the panel (Tashima won an Academy Award for his short film *Visas and Virtues* in 1997). And as I was sitting there watching him on the panel I thought, 'Oh my God, he could totally play the father.' He was really the first person I talked to. I had written the character of Bachan (grandmother, in Japanese) with my friend Takayo Fischer in mind, she and I were in New York at the Manhattan Theatre Club. Of course I asked some friends — I asked Laura Innes to be the judge, Helen Slater to be the teacher — and then I have some cameos from all my friends from *ER*.

What was it like to work with a younger generation of Japanese American actors?

Nichole's [Nichole Bloom, the lead actress of the film] dream is to be Julia Roberts — because she doesn't see any boundaries around what she can be. Honestly, I think you need to have that kind of attitude.

When I started out as an actor, people kept saying, "How can an Asian-American girl make a living as an actor?" If I let that stop me, I wouldn't be doing what I'm doing today. If you let other people's boundaries stop you, you'll never do anything you have to say, "I'm doing this, I'm plowing forward, and this is what I love, and this is what I'm going to do." For a long time my African American friends would say, "This is what we did — rather than complaining about the lack of roles we just made our own." I took a page from their book. Many friends of mine maxed out their credit cards to make their films with all African-American casts. So it made me think that if anybody's going to tell our stories right it's going to have to be one of us.

What do you want people to take away from your film?

I like when people are knocked out of their comfort zone. If they walk around with expectations about what people are like, and then they come to see my film, they get introduced to a whole new world and see something they didn't expect to see. I hope they take that openness with them the rest of their lives.

——Interview by *Nobi Nakanishi*

MODEL MINORITY

L.A. teenagers survive the treacherous world of peer pressure, drug dealers, juvenile hall and dysfunctional families. Kayla, an underprivileged Japanese American 16 year old, endangers her promising future as an aspiring artist when she becomes involved with a drug dealer. Lily Manye describes MODEL MINORITY as "a film about redemption, the struggles of the 21st century family and my hope for the future. The screenplay was based on what I saw happening to younger generations of Asian Americans. MODEL MINORITY won multiple awards including Best Narrative Feature at the 2012 Asian American International Film Festival.

Written and directed by Lily Manye

Cast: Nichole Bloom, Jessica Tuck, Chris Tashima, Delon de Metz, Takayo Fischer, Courtney Mun, Laura Innes and Helen Slater

© Julia Ransom

© Julia Ransom

All things new from stores, products, services to events

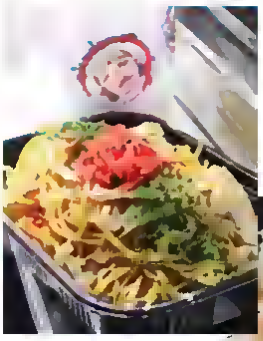
FOOD

Flavors of Osaka Right From a Truck

Food trucks in NY and throughout the U.S. are becoming more gourmet and ambitious than ever, and one of the new additions in NYC has taken the level of gourmet trucks up a notch. Its name is Okadaman, named after a renowned chef in Osaka. It has recently began to call the corner of 48th Street and Park Avenue its home.

For those that don't know Osaka, it's a city considered the mecca of street food in Japan. When it comes to okonomiyaki, yakisoba, takoyaki, and other types of casual cuisine. Osaka is the capital. "When I, my wife Kayo and son Kosei, went to Osaka and tasted the food there, I said what is this delicious stuff, and how can we get it in NY? When I heard Kosei say you can't get this kind of quality in NY, an idea went off," says Jan Albert who had been in the food business his whole adult life. Luckily Kayo's cousin was Okadaman, a.k.a. Mr. Okada, an Osaka native chef. So the family went into business. They brought Okadaman himself to the U.S. and had some staff train under him extensively. The family also traveled all over the U.S. and Japan to look for the best ingredients, and to bring the Osaka taste right to NYC.

Currently offering yakitori, okonomiyaki, and takoyaki, as well as a breakfast menu. Okadaman is also on the verge of adding a vegetarian menu.



Top notch ingredients like tender grass fed pork from a local farm and flavorful seafood from Tsukiji makes the quality of both the okonomiyaki and yakisoba straight out of Osaka with deep flavors and great textures.

Okadaman food truck regularly appears in Midtown East (48th Street between Park & Lexington Avenue) from 9 am to 3 pm from Monday to Friday. For other schedules, check their website and Twitter.

Info: Okadaman | www.okademanmyc.com

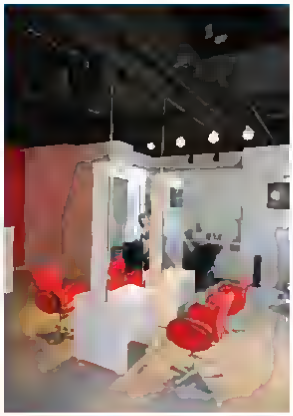
BEAUTY

Esteemed Hair Salon Has Found a New Home

Salon VIJIN, the Japanese hair salon that pioneered Japanese straightening perm in the 80s has just relocated from its long-term home ground, Midtown, to the hottest area surrounded by the East Village, NoHo and Lower East Side. Now, the salon offers innovative styles by blending Midtown sophistication and Downtown edge.

In the new Salon VIJIN, all the top stylists have extra specialties, such as wedding hair & make up, head spa, and up-dos, and they offer the best quality of hair techniques and services with Japanese "omotenashi" mind. They continue facilitating the salon with the negative ion concept and even enhance their healthy and eco-friendly services.

The new Salon VIJIN also wishes to play a role of a community intersection in the stylish neighborhood.



Salon VIJIN's new home is located on the north side of 1st Ave., where chic café and businesses have opened these past few years.

As an opening campaign, Salon VIJIN offers all services at 25% off for first time customers.
The offer valid through March 31, 2013.

Salon VIJIN
22 E. 1st St. (bet. 2nd Ave. & Bowery) New York, NY 10003 | TEL: 212-664-0064 (English), 212-387-2222 (Japanese) | www.salonvijin.com

BOOK

Bitter Tea: Mystery Through the Looking Glass of Modern Japan

Japan in the 80s the period depicted in Haruki Murakami's *Norwegian Woods* and *1084*, might not be a common setting in American novels, but the time was full of exciting things that may seem mysterious and even strange to non Japanese Louise T Gantress takes advantage of this unique locale in her mystery, *Bitter Tea*, and sets the readers back to Tokyo in 1987 when Japan was enjoying an unprecedented booming economy

First published in 2010 and now available on Kindle, *Bitter Tea* deals with an emotional journey of love and betrayal of the female protagonist. Jane quits her job on Wall Street to pursue an international career in the capital markets during the Japanese economic bubble However everything becomes entangled in a mystery as Jane soon finds herself on a roller coaster full of secrets and challenges that will shake the foundation of her life Using her knowledge of both the financial world and Japan, Gantress weaves an engaging mystery that persists until the very end.

Bitter Tea is currently available at bookstores near you and on amazon.com.

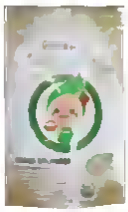
DRINK

Detoxify Your Body with Organic Mulberry Tea

With illness and health issues becoming a growing concern, many people turn to herbal tea in hopes of benefiting from its medicine-like properties Starting this September, tea lovers can rejoice in the release of Organic Mulberry Tea, a USDA certified organic tea that promotes physical well-being

Organic Mulberry Tea is extracted from kuwa no ha (mulberry leaves) a plant traditionally cultivated for its medicinal properties It benefits one's heart, body weight, liver function, blood pressure and cholesterol. Best of all it may prevent excess sugars, which cause chronic diseases, from entering your bloodstream, allowing you to live a longer, healtier life.

To enjoy a cup of Organic Mulberry Tea, soak one tea bag in an 8-12 oz. cup of hot water for 3-5 minutes If you prefer to drink tea cold, steep two bags in hot water and allow it to cool before chilling it in the refrigerator It is also recommended with meals, so enjoy a cup with your favorite foods



Organic Mulberry Tea is available in Cafe Zaiya (three Manhattan locations) by Sep 3. From Sep. 10, it will be also available in Japanese grocery stores.

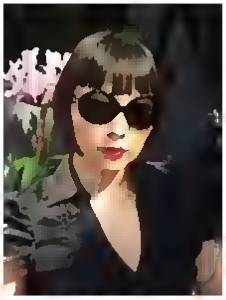
Info www.organicmulberrytea.com | Imported by Eon Foods International | www.greencodle.com

PRODUCT

ROCK RETRO COMFORTABLY WITH MEGUMI•O

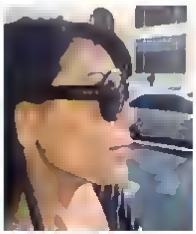
If you are a girl, you've probably heard of "cheek-touch" the awful state of when the rims of sunglasses touches one's cheek, often times accompanied by other annoyances like marks, sliding, sweating, and the ultimate annoyance for many, the smudging of makeup The brand new sunglass line, MEGUMI•O solves these problems with style It is a creation by Megumi Hosogai, a Hawaii raised entrepreneur with a cute little Asian nose who had nightmares about it since childhood So she finally decided to do something about it herself, creating her own sunglass line

The name was inspired by the, retro, Jackie O style "Cheek-touch" mostly happens with these popular, wide-frame shades, a style Megumi dreamed of wearing comfortably. "MEGUMI•Os have a much more extended bridge There are some out there with extensions, but the extensions made me feel handicapped for having an Asian nose or something I wanted them to be a part of the body, in a single, sleek, flow," she explains Another cool factor is that her shades are polarized so you can see perfectly behind the dark lens. With Prada quality and clientele in mind she set out to create the most comfortable, fashionable, high-end wearer-friendly sunglasses out there on the market, and was able to achieve just that, launching her own line this spring, and already, celebrities have been spotted wearing them



Megumi Hosogai herself wears MEGUMI•O It fits well on the Asian nose with no "cheek touch" giving it a gorgeous look.

So far the shades are for girls, but a line dedicated to guys is on the way They will also soon be available in Tortoise Shell and White frames too MEGUMI•O can be found at MegumiO.com and in boutiques and hotels in Los Angeles and Hawaii, including Live! On Sunset, Halekulani and The Modern Honolulu

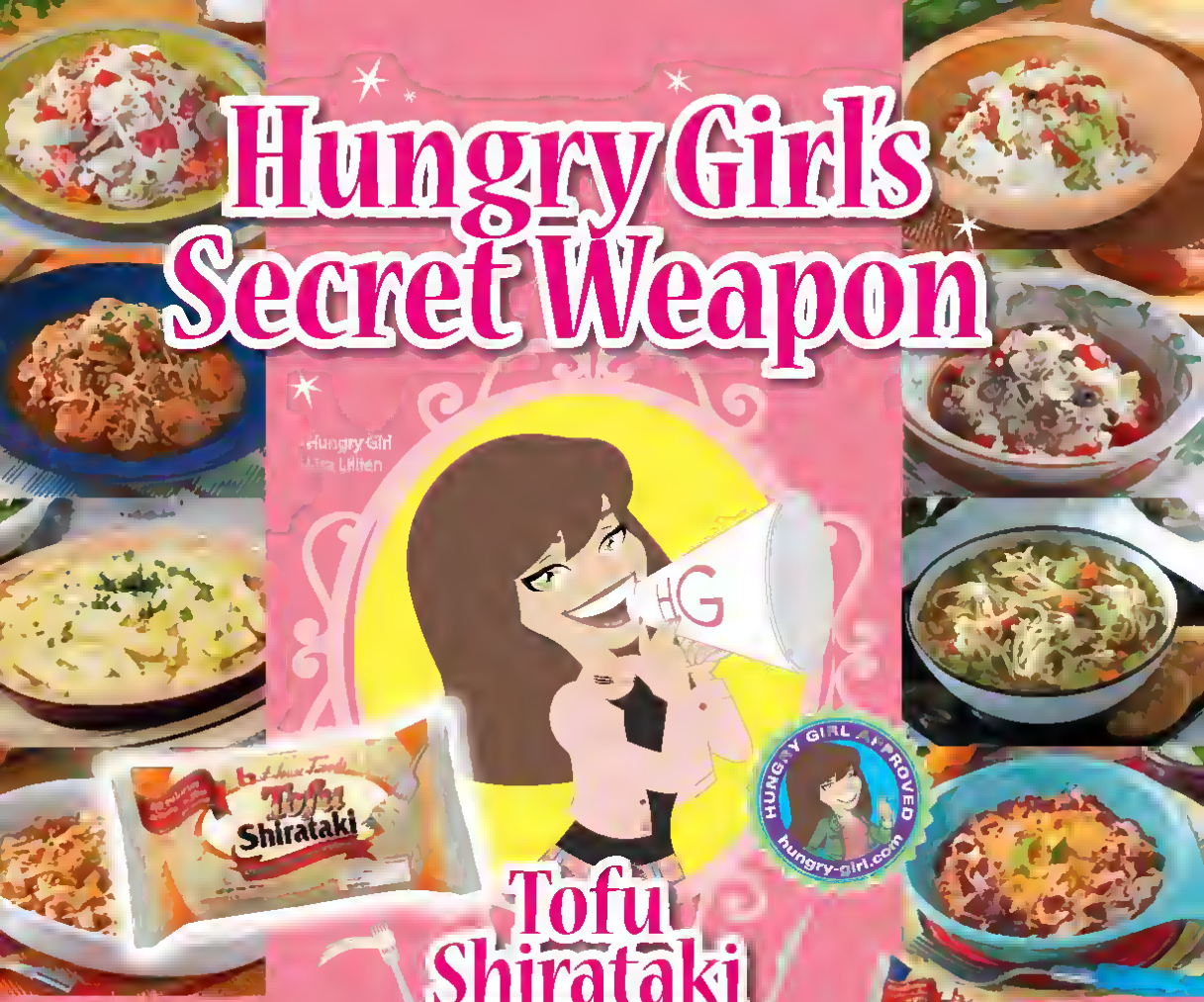


MEGUMI•O attracts a lot of celeb fans including Renee Mob Wife Grazzano and Isabelle Fuhrman from *The Hunger Games*.

Chopsticks NY readers who make a purchase at MegumiO.com will receive goodies with promo code 10ChopsticksNY

Info www.MegumiO.com

Hungry Girl's Secret Weapon



Tofu Shirataki

You'll fall in love with these gluten-free, low-calorie, low-carb noodles. Versatile, guilt-free, and delicious!

Whether you're craving a noodlicious Asian dish or a classic fettuccine meal, House Foods Tofu Shirataki is sure to satisfy your noodle needs. By mixing konjac flour with tofu, we've created an original noodle product that is gluten free, cholesterol free, low in carbs, and low in calories! In addition to being diet friendly, Tofu Shirataki is easy to prepare. And Hungry Girl's recipes make it even easier to enjoy your favorite noodle dishes, guilt-free, with Tofu Shirataki.

Low-Carb Solution!

House Foods

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www.house-foods.com

Learning Japan

Lifelong Learning Culture in Japan: Kentei Certificate Exam

There are countless "kentei" certification examinations in Japan that contribute to the development of the country's lifelong learning culture. This article highlights 5 unique kentei exams to give you a glimpse of Japan's kentei craze.

Fun and Functional School Items and Stationery

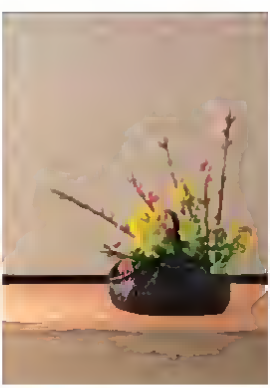
Fun and functional stationery and desk accessories currently very popular among Japanese are introduced here. Also featured are Do-It-Yourself ideas to personalize stationery with masking tape.

Featured Schools

Hills Learning / NYCNDA (New York City Nihonga de Asobau) / Aikido of New York City – Shoho Dojo / Japanese Cooking Studio / Kokushi Buda Institute of New York, Inc. / SOY Restaurant Cooking Classes / Seikou Shodou

List

School Guide
Shop Guide



Lifelong Learning Culture in Japan: Kentei Certificate Exam

No matter what the purpose, learning things and practicing them is always rewarding and fun and can be done throughout people's entire lives. Through the process of improving skills and acquiring knowledge, they can move up in their careers, gain confidence and enjoy themselves all at the same time. The lifelong learning culture in Japan is quite advanced, and there are countless "kentei" certification examinations in Japan that contribute to the development of this culture. Some kentei exams are conducted by national organizations and others by private groups, and some are directly related to a career while others are nothing but a hobby. Here we highlight 5 unique kentei exams.

Eiga Kentei (Movie Kentei)

Operated by Kinma Junpo, Japan's prestigious film magazine publisher, this kentei started in 2006. The history of the film industry reflects the climate of each age and the cultural development of the country. With the belief that knowing more about films makes you enjoy them more, this kentei aims to pass rich film culture down to the next generation and encourage movie going. There are 4 levels which consist of the 4-kyu introductory course, 3-kyu beginner course, 2-kyu advanced course, and 1-kyu expert course.

(An example from the 4-kyu exam)
Choose a film directed by David Lean from the following 4 choices. 1. War and Peace 2. Doctor Zhivago 3. The Red Shoes 4. Death in Venice. (Answer: 2)

www.kinejun.com/eigakentei/tabid/231/Default.aspx (Japanese only)

Edo Bunka Rekishi Kentei (Edo Culture and History Kentei)

Commonly known as the Edo-ken, this kentei examines extensive and profound knowledge of culture and history from the Edo Period (1603-1868). It's not just about a test for the city of Edo (old name of Tokyo). Operated by the Edo Bunka Rekishi Association, the kentei has 3 levels: 3-kyu for beginner, 2-kyu for intermediate, and 1-kyu for advanced. Those who pass the kentei have several benefits such as free passes to the Edo Tokyo Museum, Oedo Onsen Monogatari, Nikko Edomura, etc.

(An example from the 4-kyu exam)
Kinza, the foundry of gold currency during the Edo period, became consolidated and permitted its operation in only one location in 1698. Today the location is the building for a financial-related entity. Choose one from the following choices. 1. The Capitol 2. Ministry of Finance 3. Tokyo Stock Exchange 4. Bank of Japan Headquarters (Answer: 4)

www.edoken.shopro.co.jp (Japanese only)

Top 3 Kentei Exams in Japan

Eiken, the short form of the Eigo Kentei (English proficiency test) taken by over 2.25 million people; Kanken or Kanji Kentei (Chinese kanji character proficiency test) with over 2.12 million examinees; and TOEIC (Test of English for International Communication) with 1.71 million examinees in domestic Japan. High scores on Eiken and TOEIC are often advantages for boosting one's career in Japan.

Kyu and Dan

Kyu and dan are the grading units that indicate the level of achievement in Japanese learning systems including martial arts, calligraphy, Eiken (English proficiency test) and the JLPT (Japanese Language Proficiency Test) for Japanese language learners. Lower numbers for kyu and dan indicate higher levels of accomplishment, while higher numbers refer to lower levels.

BBQ Kentei

The Japan BBQ Association launched this kentei in order to develop talents and promote BBQ culture. Applicants should participate in a lecture and a practice session in order to get the necessary knowledge about BBQ and master how to grill meat efficiently. After the session, they must take the exam. The association defines the kentei as the BBQ Master Program for the purpose of differentiating it from other proficiency kentei.

www.jbbqa.org/kentei/bbq_mastersystem.htm (Japanese only)

Towel Sommelier

Originated by the Shikoku Towel Industrial Association (headquartered in Imabari City, Ehime Prefecture) in 2007, the kentei aims to deepen the understanding of towels from history to raw materials to quality to usage. Those taking it should ultimately achieve the skills needed for giving appropriate advice to customers. Applicants read the textbook provided by the association before taking the exam. As of August 2012, 936 people have passed the towel sommelier kentei.

www.imabaritowel.jp/towel_sommelier/about.html (Japanese only))

Chushingura-tsu Kentei (47 Ronin Geek Kentei)

Chushingura is a famous epic story based on a series of true events that occurred from 1701-1703, and which have been made into kabuki theater, TV shows and movies numerous times. Outside Japan, Chushingura is commonly known as 47 Ronin, and it depicts justice, loyalty and grace, qualities embedded in Japanese people's minds. Operated by the Chuo Gishi-kai Foundation, this kentei examines one's knowledge about the story and is comprised of two levels, 2-kyu and 1-kyu. Questions are quite difficult to answer even for 2-kyu, the easier level.

www.12-14.jp/manabu.html#shiken (Japanese only)

Illustration by Ai Tatebayashi

Fun and Functional School Items and Stationery

Home electronics, automobiles, kitchen items, stationery—, many of the everyday items that Japanese people use are well-crafted and functionally superior. The products are not always made in Japan, but they are selected by reflecting Japanese people's taste. For this back-to-school season, we will introduce soma school and office items that are popular among Japanese. Key concepts of the items are "efficient", "motivating", "impressive", "multi-tasking" and "personal". Try some of them to give color to your everyday life.

Kokeshi bento box
With two stacking compartments and a bowl this cute, compact, kokeshi-doll inspired bento box accommodates for a full meal.
www.ikjapan.com

Sticky Note Wrist Watch
You don t have to take notes on your hand anymore thanks to this wrist watch shaped sticky note. You will never forget your important task.

Erasable pen
The pen has dual functions of writing and erasing. It contains thermo-sensitive gel ink that disappears with erasing friction using the material attached to the tip of the pen.

Fun smart phone stands
Humorous smart phone stands help you unwind during intense desk work.

"Thin Butt" Station Desk Accessory Holder
The holder is an ultimate multi-task tool. It holds tape, pens and clips at once.

Zebra Stylus Pen
Zebra Stylus Pen has two functions. You can use the regular ball point pen for writing or a soft, durable rubber tip to take notes, draw or turn pages without scratching your touch screen.
www.zebrapen.com

Personalize Your Items with Masking Tape

The designs of school and office items are sometimes unimpressive. A variety of masking tape is currently very popular in Japan for spicing up plain stationery and personalizing it. With various patterns, colors and sizes, uses for the masking tape are limitless. Here are some examples you can do yourself very easily.

Pens

Fresh fish is delivered directly from fish markets.
Fresh sushi is prepared, ready to go.
Shop from a wide selection of produce.
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1. Cut a 2 inch piece of masking tape

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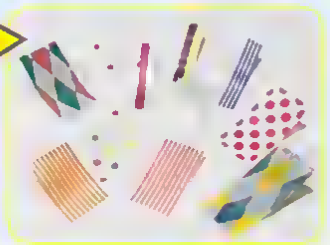

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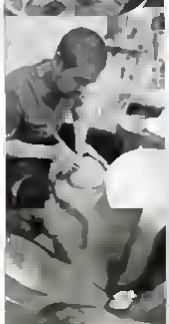

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LANGUAGE

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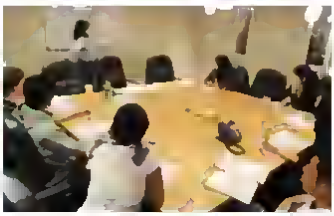
Hills Learning



The language school Hills Learning established in 2009 has built up its repertoire over time, and now offers English, Chinese, Japanese, Thai and Korean classes. Multiple beginner and intermediate classes are available for both individual and group lessons, and founder Jon Hills takes pride in his school's limited class size and its emphasis on interaction via speaking and listening. In fact the school even has its own teaching methodology called SWIRL, which stands for Speaking, Writing, Intonation, Reading and Listening. Hills explains, "I strongly believe that these language techniques are necessary for successful language acquisition and production." Hills Learning provides classes that satisfy students whether their motivation is academic, professional, cultural or personal.

Beginning last year, Hills Learning added a unique aspect to its curriculum: prep classes for the Japanese Language Proficiency Test (JLPT), a standardized test administered by the Japanese Ministry of Education that has five levels for certifying the language ability of non-native speakers. Hills Learning teachers had already been providing private JLPT classes for three years, but due to high demand the school decided to create an official program for the test's 2nd and 3rd levels (N2/3).

In preparation for this test administered each December, bi-weekly hour and a half long classes from September to November focus on the JLPT's four language skills of listening, reading, vocabulary and grammar. The minimum commitment is two months, but classes can be prorated after that. According to Hills the key is to get students into the classroom early enough. "It's hard to get them to study before it's too late." Hills speaks from experience, as he himself has passed the JLPT.

Currently the only two dedicated classes are for N2/3, but preparation for N4/5 is incorporated into regular Japanese classes (Hills Learning would also consider special prep classes for these levels if demand increases). JLPT classes, which averaged about five students per class last year, employ specific listening drills like the ones on the test. Official JLPT Speed Master textbooks are used to study N2 reading and N3 vocabulary and for both levels students have 3-4 hours of homework per week. This includes reviewing class material and practicing reading passages. Hills describes the class atmosphere as "very intense," with a promise that it is the "best resource for JLPT preparation in the city." All instructors know the test inside and out, and the classes offer complete immersion.

Look no further than Hills Learning whether your goal is to begin learning Japanese, to pass the JLPT or anything in between!

380 Lexington Ave., (bet. 41st & 42nd Sts.), 17th Fl.
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PRESCHOOL AFTERSCHOOL LANGUAGE

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It's no secret that children learn language by absorbing words, phrases and intonation from their environments. Schools like NYCNDA (New York City Nihongo de Asobou) are combining this natural ability with the diversity of our city to create unique learning opportunities. Sumie Takashima, a half-Japanese mom, started NYCNDA when she returned to the U.S. from Japan to find that there are not so many affordable and flexible "hoikuen" style preschools that teach basic salutations, how to show respect for elders.

Native Japanese speakers staff NYCNDA, which allows children ages 18 months to 6 years to learn language and experience unspoken cultural norms in a way that is natural to their age group. However, Takashima stresses that "This is not babysitting. Structure, singing, hand songs, story time, crafts and even snacks are used to introduce children to the many facets of Japanese culture."

Children ages 2.5 in the hoikuen program are motivated to learn new vocabulary and become familiar with the basic alphabet and Japanese culture through the use of monthly themes like winter in Japan or matsuri. From there they explore weekly topics such as bon odori dance festivals or yaki-imo potatoes by constructing crafts to share with their families. Japanese core values such as teamwork and physical fitness are stressed during the school's frequent field trips and local artisans are welcomed into the classroom to introduce things like tea ceremony.

Fun after school activities were developed to allow older kids to participate in the learning as well. Fortified before class with the traditional onigiri rice ball snack, they gain confidence and finely tune their gross motor skills by joining the school's karate class, which is taught entirely in Japanese at a nearby dojo. Busy parents will be happy to note that the school has a pick up and transfer service from local schools.

Children who are interested in language and writing are introduced to the first of three alphabets used in Japan in the ten week Hiragana Practice course. The class, geared toward children 3 ½-6 years, focuses on language and incorporates music, books, games and cultural activities to build vocabulary. Depending on the child's level, katakana and basic kanji are also taught.

Parents who are interested in infusing a bit of Japanese culture into their children's lives should check out the NYCNDA website for the ever expanding list of activities. Whether it's a school break program, a Mommy and Me class or yoga in Japanese, there is a little something for everyone.

*All visitors who would like a trial lesson or just to see the space must schedule an appointment in advance online.

TEL. 212-677-3252 / www.nycnda.com

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New York, NY 10128
TEL 646 309 9212 / www.aikidonyc.com

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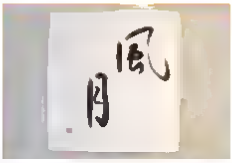

Shodo lessons by an instructor with 30 years of practice and 8th dan the highest shodo degree. Lessons are available on Tue Thu Sat and Sun, by appointment only $30/1hr $50/2 hrs

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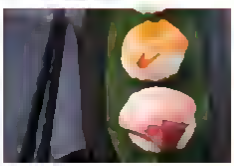

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Sogetsu School: Hazue Tamura Rogers htrjdrl@hotmail.com 518-329-0920
Ohara School: Study group -Beverly Hashimoto 201-385-0353 (English)
Yoko Higashikawa 212-724-7275 (Japanese) ohara

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info@kendoka.org (E-mail)
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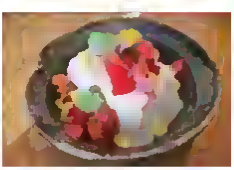

This cozy cafe on the LES offers various classes on Japanese home cooking. Previous knowledge of Japanese cooking is not required. Upcoming and past themes include "gluten free cooking," soy cooking" and "Sushi Master" Classes limited to 6 students

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212.947.3334 / www.kkny.net

School Guide

The following is a list of schools where you can learn Japanese culture

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LANGUAGE

Upper West — Your True Self — Japanese
501 Seventh Ave (at Amsterdam Ave.)
212-679-4251

Midtown West — NY Japanese Language — Japanese
257 W 39th St 14 Fl (bet 7th & 8th Ave.)
646 345-9777

Midtown West — The Nippon Club/JFNY — Japanese

JF Japanese Language Course focuses on what you can do by using Japanese and on practical activities that incorporate Japanese culture. Learn real life Japanese and explore Japanese culture with us. Visit www.jfny.org/language/overview.html for more info

145 W 57th St (bet 6th & 7th Ave.)
212-581-2223 www.nipponclub.org/culture

Midtown East — Amity Language Institute* — Japanese
124 E 40th St #203 (Lexington at 40th st.)
212-867-8374

Midtown East — ibec language institute, inc.* — Japanese
366 Lexington Ave #300 (bet 40th & 41st St.)
212-867 2000

Midtown East — Hills Learning — Japanese

Hills Learning is the only language school in Chopsticks NY that offers group classes and private lessons for Japanese as well as Korean, Chinese, Thai and English. Trial lessons are available, with no mandatory material or registration fees

360 Lexington Ave. 17 Fl (bet. 41st & 42nd St.)
212-661-7903 www.hillslearning.com

Midtown East — Japan Society — Japanese
333 E 47th St (bet 1st & 2nd Ave.)
212-715-1256

Midtown East — Language House — Japanese
211 E 43rd St #1106 (bet 2nd & 3rd Ave.)
212 949-5455

Midtown East — PC Tech* — Japanese
317 Madison Ave #800 (at 42nd St.)
212-808-4754

Midtown East — Rennert New York — Japanese
216 E 45th St 17 Fl (bet. 2nd & 3rd Ave.)
212-867-8700

Korea Town — BYJ USA Culture Class — Japanese
350 5th Ave 59 Fl (bet 33rd & 34th St.)
212-001-2720

Chelsea — ABC Language Exchange* — Japanese
146 W 29th St #6E (bet. 6th & 7th Ave.)
212-563 7590

Chelsea — Tann* — Japanese
43A W 13th St (bet. 5th & 6th Ave.)
212-645-2800

Tribeca — Tribeca Language — Japanese
22 Harrison St (bet. Hudson & Greenwich St.)
212 219-9893

East Village — NYCNDA — Japanese

Providing immersion into the Japanese language and culture for children ages 0-6 years in a fun environment. The activities include play, music, songs, crafts, games and story time. Visit the website for full details and additional programs. Daycare ages 3-5years

Visit by appointment only
212-677-3252 www.nycnda.com

Westchester — GaiNihanGo Langaage — Japanese
PO Box 33 White Plains NY 10605
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Purchase — Keio Academy of New York — Japanese

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3 College Rd Purchase NY 10577
914-701-3454 www.keio.edu

New Jersey — Japanese-American Society of New Jersey* — Japanese

Their language program is taught by highly trained instructors who qualified through their special certification program. Group and individual lessons are available on and off the premises as well as via Skype

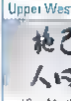
304 Main St 2nd Fl Fort Lee, NJ 07024
201-461 5133 www.jasofnj.com

New Jersey — R/Lingo Learning Center — Japanese
2490 Lemoine Ave #104&105 Fort Lee, NJ
201-947-4707

TRAOITIONAL

Upper West — Ikenobo Ikebana School — Ikebana
30 W 60th St #6K (bet. Broadway & Columbus)
212-757-5742

Upper West — Saikou Shodo — Calligraphy



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315 W 61st St (at West End Ave.)
212-247 2583 www.saikoushorfou.com

Upper West — Sogetsu Ikebana School — Ikebana
201 W 70th St (at Amsterdam Ave.)
212-873-6115

Upper East — Urasenke Chanoyu Ctr — Sado
153 E 69th St (bet. 3rd & Lexington Ave.)
212-988-8161

Midtown West — Ellies NewYork Floral Design — Ikebana
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Midtown West — N.Y. Togei Kyoshitsa* — Pottery

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culture@nipponclub.org

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Midtown West — **The Nippon Club** — Sado
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Midtown East — **Lotus Books and Gifts** — Ikebana
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Chelsea — **Ikebana Flowers New York** — Ikebana
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212-255-9759

Soho — **Kimoco House** — Kimono
131 Thompson St. (bet. Prince & Houston)
212-505-0232

Queens — **Nosho-kai Ryukyu Dance School** — Dance
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DharaNYC@aol.com
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MARTIAL ARTS

Upper West — **Aikido Up Here** — Aikido
3 Henshaw St. (Riverside Dr. & Dyckman St.)
646-483-8700

Upper West — **Kokushi Bado Institute** — Judo
332 Riverside Dr. (bet. 105th & 106th St.)
212-866-6777

Upper West — **Shorinryu Matsubayashi*** — Karate
131 W. 72nd St. #2A (Columbus & Amsterdam)
212-875-8926

Upper West — **Shotokan Karate-Do NY** — Karate
248 W. 80th St. (bet. Amsterdam & 10th Ave.)
212-799-5500

Upper West — **UWS Kenshikai Karate*** — Karate
929 Columbus Ave. (bet. 105th & 106th St.)
212-222-1172

Upper East — **Aikido Shoho Dojo** — Aikido
350 E. 92nd St. (at 1st Ave.)
646-509-9212

Upper East — **NEMMAA Kanzen Karate** — Karate
1795 3rd Ave. (at 99th St.)
212-427-5677

Upper East — **Ultimate Karate USA*** — Karate
1950 3rd Ave. 3 Fl. (at 107th St.)
212-426-4656

Upper East — **WTKD Honbu Dojo** — Karate
208 E. 53rd St. (bet. 2nd & 3rd Ave.)
212-207-1907

Midtown West — **D-Dojo** — Karate
500 8th Ave. 12 Fl. (bet. 35th & 36th St.)
212-537-6441

Midtown West — **New York Budokai** — Kendo
520 8th Ave. 18 Fl. (bet. 36th & 37th St.)
917-821-1450

Midtown West — **Shinjinbukan New York*** — Karate
939 8th Ave. #307 (bet. 55th & 56th St.)
917-400-9163

Midtown West — **Shinkyukushinkai NY** — Karate
520 8th Ave. 16th Fl. (bet. 36th & 37th St.)
646-235-0233

Midtown West — **World Dyamo Karate** — Karate
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212-629-7700

Midtown East — **Kenshukaikan Karate** — Karate
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212-260-0927

Chelsea — **N.Y. Shorin Ryu Karate** — Karate
37 W. 26th St. 3th Fl. (bet. 5th & Broadway)
212-460-9600

Chelsea — **New York Aikikai*** — Aikido
142 W. 16th St. 2 Fl. (bet. 6th & 7th Ave.)
212-242-6248

Chelsea — **Shin Budo Kai Aikido** — Aikido
77 8th Ave. Basmt. (at 14th St.)
212-691-1378

Chelsea — **Shorinji Kempo NYC Branch** — Karate
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Chelsea — **U.S. Budo Kai-Kan*** — Mix
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212-807-7338

Chelsea — **World Seido Karate*** — Karate
61 W. 23rd St. 2 Fl. (bet. 5th & 6th Ave.)
212-924-0511

Gramercy — **World Kanrekai Karate** — Karate
4 W. 18th St. 3 Fl. (bet. 5th & 6th Ave.)
212-677-9228

East Village — **Karate Honma Dojo** — Karate
58 E. 11th St. 5 Fl. (bet. Broadway & University)
212-505-3956

East Village — **New York Jiu Jitsu*** — Jiu Jitsu
865 Parkway Basmt. (at Bond St.)
212-343-8310

Tribeca — **Ken Zen Institute** — Kendo
64 Thomas St. (bet. Church St. & W. Broadway)
212-406-8104

Tribeca — **Dishi Judo Club*** — Judo
547 Greenwich St. (Vandam & Charlton St.)
212-989-6850

Brooklyn — **Aikido of Park Slope** — Aikido
555 5th Ave. (at 15th St.)
718-788-5332

Queens — **School of Taijutsu** — Mix
475 Onderdonk Ave. Ridgewood, NY 11385
917-449-7035

Long Island — **NY San Ten Karate** — Karate
1370A Majors Path Southampton, NY 11968
631-995-4220

Staten Island — **Judo & Jujitsu Dojo** — Judo
3902 Amboy Rd. Staten Island, NY 10308
718-619-0150

New Jersey — **KYOKUSHIN KAKATE NJ Branch** — Karate
360 Old River Rd. 2Fl. Edgewater, NJ 07020
212-947-3334

New Jersey — **Ridgewood Karate School** — Karate
30 Cottage Pl. Ridgewood, NJ 07450
201-447-2272

New Jersey — **Yoshitsune Jujutsu Kai** — Jiu Jitsu
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OTHER

Upper West — **Saalop Music Studio** — Music
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Upper East — **Saori Weaving Arts** — Other School
227 E. 67th St. (bet. 2nd & 3rd Ave.)
212-722-2996

Midtown West — **Mud, Sweat & Tears** — Pottery
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Midtown West — **The Nippon Club** — Dance
145 W. 57th St. (bet. 6th & 7th Ave.)
212-581-2223

Midtown West — **The School for Strings** — Music
413 W. 54th St. (bet. 9th & 10th Ave.)
212-315-0915

Midtown West — **Toho Shoji N.Y.*** — Jewelry Making
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212-868-7465

Chelsea — **COBU** — Japanese Drum
89 W. 14th St. 3Fl. (bet. 5th & 6th Ave.)
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JAPAN POP QUIZ

During the sakoku period when Japan banned any trade with foreign countries, there was only one harbor that remained open to foreign ships. Which harbor was it?

1. Yokohama
2. Kobe
3. Nagasaki
4. Hakodate

UNDENIABLE BENEFITS OF ANCIENT JAPANESE TRADITION

"Living in a busy city such as New York, wear and tear on the body and soul is, unfortunately, inevitable. If you don't watch out, the daily grind and stress can do quite a number on even the healthiest of person." A smart doctor told me that once. It was Ms. Nozaki (LAc) at Ido Center, a Japanese traditional holistic clinic I go to when I am not feeling 100%. Suddenly it clicks, it's time for another appointment, especially after that recent grueling trip.

For physical maintenance and healing, the Japanese have traditionally relied on holistic treatments such as shiatsu, a method of massage using palm and finger pressure. "Shiatsu is different from other forms of massage because it does not focus on the muscle. Instead, its goal is to better the flow of chi energy that flows throughout the body," Ms. Nozaki explained. Bad flow of this energy results in many symptoms like bloating, pain, muscle stiffness which leads to other ailments such as indigestion, poor metabolism, liver problems, and so on, if not taken care of soon enough.

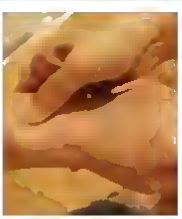
A shiatsu practitioner can see where the bad flow of energy may be by checking the patient's facial color, pulse, way they speak, posture, way they walk, smell, tongue color, eye color, and feeling of the abdomen. "Often times physical imbalance manifests itself in one's attitude, too. When someone is easily irritated or overly impatient with others, it is a clear sign of imbalance, and we see a lot of this in NY. Depression and PMS are also signs and they are also conditions treatable with shiatsu. Our job is to find exactly where the imbalance is and put the patient back to their optimal state so their body is able to better heal itself as it is meant to. The healthier the body, the faster it heals itself," explained Ms. Nozaki.

To restore the chi energy, shiatsu stimulates pressure points that are located throughout the meridian line that runs throughout our body. Visualize a subway map where the subway lines represent the meridian line, and each station represents the pressure points. By stimulating a pressure point it affects all areas and organs along that same meridian line because the body is connected. Symptoms like shoulder pain, chronic headache, and back pains are what Ms. Nozaki sees most in her clinic, and calls them typical symptoms for a city like NY. But she says if you know a few pressure points, you can help yourself. She proceeded to teach me some points like the gaikan, naikan, and gokoku. "But first and foremost, daily stretching exercises are crucial to maintenance. Keeping the chi static is the worse thing you can do especially if you work a lot on the computer," she warned. After a brief exam, it turned out I had a weak kidney and a crooked pelvis.

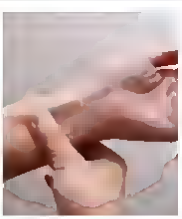
As always, the strong, deep push of the massage therapist was soothing as they aligned my body. With each deep push, I felt a deeper relaxation, my body getting warmer with better circulation. The effects of the shiatsu massage can last up to a week, but this time with a few tips on pressure points, and a new stretching exercise fit for my problem, I felt all set, until the next grueling trip at least.

——Reported by Maya Robinson

iDo Holistic Center
22 E. 49th St., 3rd Fl. (bet. 5th & Madison Aves.)
New York, NY 10017
TEL. 212-599-5300 / www.idocenter.com

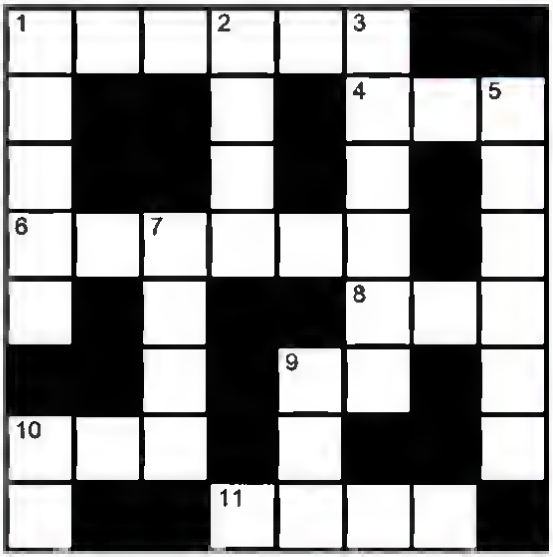


1. Gaikan is a pressure point located just below your wrist (palm down) for external pains and discomforts like shoulder pain, back ache, and so on.



2. The Naikan on the other side of the hand, is a spot for internal pains like menstrual pain, nausea, car sickness, and heart pain.

3. Gokoku, a spot in between your thumb and index finger is the Joker of all pressure points, stimulation there is good for almost everything. Each spot is to be pushed 10 seconds and repeated 3 times.



Japanese CROSSWORD

Across

1. Autumnal equinox which is a national holiday in Japan

4 Famous travel journal written in the Edo Period by Japanese poet, Basho Matsuo, titled "____ no Hosomichi" (Narrow Road to the Deep North)

6. A moon-viewing event for the full moon night in mid-September

8. Apprentice geisha are called ___ko

9 Nobel Laureate in Literature, Kenzaburo ____

10 "Face" in Japanese

11. "Eggplant" gets flavorful this season. What is the Japanese name?

Down

1. Sliding paper screen

2. Generic term for martial arts in Japanese

3 Popular manga series set in a classic music school inked by Tomoko Ninomiya: "_____ Cantabile"

5. A bird that chirps beautifully. Its droppings have traditionally been used for skincare products

7. _____-Retto is an archipelago consisting of 140 small islands on the west of Nagasaki Prefecture

9 One of the 3 most powerful warlords during the age of war in 16th Century Nobunaga ____

10 Nine is ___ in Japanese. That's why September is called ___gatsu

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International Children's Day Celebration 2012

New York City : November 3rd & 4th

ISF's annual event, International Children's Day Celebration (shichigosan) will be held in NYC this year again.

Shichigosan is known the world over as one of the most graceful ceremonies. It celebrates children's good health and happiness at the age 5 for boys, 3 and 7 for girls

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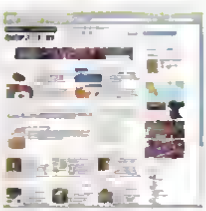

www.chopsticksny.com

Shop Guide

The following is a list of shops where you can buy Japanese goods, services and art

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FASHION

Upper West — Bit'z Kids*
410 Columbus Ave (bet. 79th & 80th St)
212-724-1415 — Clothing

Upper East — R by 45rpm
17 E. 71st St. (bet. Madison & 5th Ave.)
212-737-5545 — Clothing

Upper East — Seigo Accessories
1242 Madison Ave (bet. 89th & 90th St.)
212-534-5275 — Accessories

Upper East — SEIGO NECKWEAR
1248 Madison Ave (bet. 89th & 90th St.)
212 987 0191 — Accessories

Midtown West — UNIQLO
31 W. 34th St. (bet. 5th & 6th Ave.)
877-486-4758 — Clothing

Midtown East — Miki House
1000 3rd Ave (at Bloomingdale's) — Clothing

Chelsea — Junko Yoshioka
224 5th Ave. 2Fl (bet. 25th & 26th St.)
212-206-9302 — Clothing

Gramarcy — Bradelis New York*
61 Madison Ave (bet. 27th & 28th St.)
212 599-2223 — Lingerie

West Village — Yamak
321 1/2 Bleecker St. (bet Christopher & Grove)
212-807-9100 — Clothing

East Village — ARGOSY
428 E. 9th St. (bet. Ave. A & 1st Ave.)
212 362-7815 — Clothing

East Village — Healthier Life

This lingerie shop offers unique bras to increase women's breast by one cup size without surgery. For example if she's 30A she will become a 30B. The store offers bra size 30A to 36E. Please call our bra specialist to book an appointment for a bra fitting session

291 E. 4th St (bet. Ave. B & C)
917 806-5577 www.sexysupportivebra.com — Lingerie Shop

East Village — Local Clothing
329 E. 9th St. (bet. 1st & 2nd Ave.)
212 777 3950 — Clothing

East Village — Tokio 7*
33 E. 7th St. (bet. 1st & 2nd Ave.)
212 353-5443 — Clothing

East Village — Tokyo Joe
334 E. 11th St. (bet. 1st & 2nd Ave.)
212 473-0724 — Clothing

Tribeca — Bit'z Kids Tribeca
275 Greenwich St. (bet. Murry & Warren St.)
212-571-0803 — Clothing

Tribeca — Mika Inatome
93 Reade St. 2nd Fl. (bet. 9th & 8th Ave.)
212-966-7777 — Clothing

Soho — Arth
75 W. Houston St. (Wooster & W. Broadway)
212-539-1431 — Accessories

Soho — Bradelis New York*

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211 Elizabeth St. (bet. Prince & Spring St.)
212-941-5628 www.bradelisny.com — Lingerie Shop

Soho — Facial Index
104 Grand St. (at Mercer St.)
646-613-1095 — Eyewear

Soho — Kaori's Closet
71 W. Houston St. (Wooster St. & W. Broadway)
212-387-7798 — Lingerie

Soho — Mieko Mintz
95 Thompson St. (bet. Spring & Broome St.)
212-627-1624 — Clothing

Soho — R by 45rpm
189 Mercer St. (bet. Prince & Houston St.)
917 237-0045 — Clothing

Soho — UNIQLO
546 Broadway (bet. Prince & Spring St.)
917 237-4000 — Clothing

Soho — Yohji Yamamoto
103 Grand St. (at Mercer St.)
212-966-9066 — Clothing

Queens — Bradelis New York*
135-20 38th Ave #HL 219 Flushing, NY 11354
718-353-1345 — Lingerie

New Jersey — Miki House
400 Hackensack Ave. Hackensack, NJ 07601 — Clothing

J-POP CULTURE

Midtown West — Book Off*
49 W. 45th St. (bet. 5th & 6th Ave.)
212-685-4410 — Book

Midtown West — Jim Hanley's Universe*
4 W. 33rd St. (bet. 5th Ave. & Broadway)
212 268-7088 — Manga

Midtown West — Kinokuniya Bookstore
1073 6th Ave. (bet. 40th & 41st St.)
212-869-1700 — Book

Midtown West — Midnight USA
35 W. 43rd St. 2 Fl. (bet. 5th & 6th Ave.)
212-827-0502 — Video Rental

Midtown West — Midtown Comics*
200 W. 40th St. (at 7th Ave.)
212-302-8192 — Manga

Midtown East — Midtown Comics*
459 Lexington Ave. (at 45th St.)
212-302-8132 — Manga

Chelsea — Cosmic Comics
10 E. 23rd St. 2 Fl. (bet. Madison & 5th Ave.)
212 460-5322 — Manga

Chelsea — Image Anime*
242 W. 30th St. (bet. 7th & 8th Ave.)
212 631-0966 — Anime

West Village — AC Gears
69 E. 9th St. (Broadway & University Pl.)
212 260-2260 — J Goods

East Village — Forbidden Planet
840 Broadway (at 13th St.)
212 473-1576 — Toy

East Village — Kim's Video St. Marks
124 1st Ave (bet. 7th St. and St. Mark Pl.)
212 533-7340 — Video Rental

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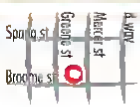

New Store Hours from September:
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East Village **St. Marks Comics**
11 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-598-9439
Manga

East Village **Sonrise Mart**
4 Stuyvesant St. (bet. 3rd Ave. & 9th St.)
212-529-3040
Video Rental

East Village **Toy Tokyo***
51 2nd Ave. (bet. 5th & 6th St.)
212-673-5424
Toy

East Village **Video Games New York***
202 E. 6th St. (at 3rd Ave.)
212-539-1039
J Goods

Soho **kidrobot**
118 Prince St. (bet. Greene & Wooster St.)
212-966-6500
Toy

Soho **Sonrise Mart, Soho**
494 Broome St. (W. Broadway & Wooster)
212-219-0003
Video Rental

Brooklyn **Zakka Corp***
155 Plymouth St. (bet. Jay & Pearl St.)
718-801-8037
Book

Queens **Anime Castle***
35-32 Union St. Flushing, NY 11354
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Anime

Long Island **Anime Castle**
77 Searing Ave. Mineola, NY 11501
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Chelsea **KYOTOYA***
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East Village **Mekarl**
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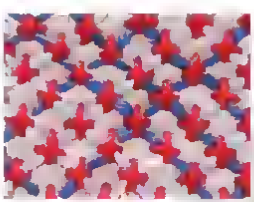
MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characteriza Japan's spirit of constant quality improvement.

Sashiko making kit and a cushion using sashiko embroidery. Photo courtesy of The City Quilter. (www.cityquilter.com)

Kogin-zashi is one of the three major sashiko styles developed in the Tsugaru region. The repeating simple stitching creates rhombus patterns. Traditionally, it's made with indigo-dyed linen and white thread, but today the color variation is limitless.



Kome-zasi or rice stitch is a type of pattern used in Shonai sashiko. It replicates the kanji Chinese character meaning "rice."

Sashiko making is much easier today thanks to the pattern-stenciled cloth. (Available at the City Quilter)

Vol. 25 - MONO of the month

Sashiko

Sashiko is a form of Japanese traditional embroidery with a history of several centuries. It uses a basic running stitch to create a geometric patterned background that includes straight or curved lines of stitching arranged in a repeating pattern. The Japanese word "sashiko" means "little stabs" and refers to the small stitches used in this form of needlework. It traditionally employed cotton thread to reinforce cloth made of linen and cotton and enabled them to retain heat and make it durable. Traditionally this was white thread on an indigo background, but recent iterations feature a variety of bright colors. The basic running stitch is the first craft technique that girls learn in home economics class, and making a sashiko washcloth is the project every Japanese girl must try.

The three main types of sashiko are Kogin-zashi, Hishi-zashi and Shonai sashiko. Kogin-zashi is a traditional craft from the Tsugaru region of Aomori Prefecture, and it is characterized by geometrical patterns that emerge from a style where the space between threads for vertical stitching is in units of odd numbers. During the Edo Period farmers in Tsugaru weren't allowed to wear cotton, but the weather was quite cold to be wearing only linen. In order to stay warm, farmers' wives would reinforce the linen's texture with stitching to help people overcome winter. The inspiration for the geometric designs came from everyday items such as walnut shell, beans, cat's eyes, butterfly and flowers, as well as the tooth of a saw and bamboo gnarl. It is believed that there are almost 300 variations in pattern.

Hishi-zashi is a kind of sashiko that originated in Nanbu region, west of Tsugaru in Aomori and Iwate Prefectures. It differs from kogin-zashi in that the space between threads for vertical stitching is in units of even numbers. In addition, via changing of colors and the combination of over 400 types of patterns, a brighter atmosphere than that seen in Kogin-zashi, which usually uses white thread and indigo dyed linen, is created.

The third type of Shonai sashiko is from Yamagata Prefecture and features about 40 various geometric patterns. For example, there is the "rice stitch" which looks like the Chinese character for rice, the "abacus stitch" which resembles beads on an abacus, and the "diamond stitch" featuring this shape. Origins are limitless and incorporated within these stitches are wishes for things like household peace and prosperity, health and family.

Sashiko has a particular relevance in our current age of limited resources, where people are increasingly thinking about how they can extend the lives of the items they employ. In regard to this, sashiko can be considered an ecologically friendly craft, as it allows repeated use of fabric via reinforcement when it gets worn out. This derives from it being an art that emerged as a practicality in the lives of ordinary people.

Of course, these days there is no longer the necessity to reinforce cloth multiple times, so sashiko's place in Japanese society has shifted. It is now a craft whose patterns are seen in cushions, bags, cloths and tablecloths, and is also incorporated into fashion. There are no more restrictions regarding what cloth and stitching thread colors can be used, so people can create new sashiko art limited only by their imaginations.

ADVERTISEMENT

The Pursuit of Perfect Ramen

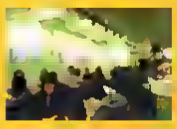
Rooted in the East Village and serving Japanese cuisine for the last 30 years, Noodle Cafe Zen has offered ramen since its inception, way before the recent ramen craze in the U.S. Last year, the restaurant revamped its ramen recipe, thereby dramatically boosting its fan base.

Their new ramen features light and healthy soup made with a chicken base broth. A whole chicken is simmered for hours at medium high heat to give enough essence and nutrition without overpowering the flavor. This clear soup, full of collagen and umami, is the base for soup flavors such as miso, shoyu, and even tonkotsu (pork bone broth), which are blended with the chicken broth to create Zen's signature light and healthy flavor.

The noodles are carefully crafted to complement the soup. Straight, medium thick noodles are made of fine grain wheat flour, making them ideal for delivering the flavorful soup to your mouth. The toppings vary depending on the flavor of the soup, but daikon (radish) sprouts are added to all of Zen's soups, which adds a unique kick and freshness to its ramen. Another kick comes from their homemade ma-yu (burnt garlic oil), whose nuttiness goes great with the light, healthy soup. Zen's pursuit of perfect ramen doesn't stop there. They've selected a special type of donburi bowl for ramen in order to keep the temperature piping hot as long as possible.

Noodle Café Zen currently offers 10 kinds of ramen dishes in the unbeatable price range of $6.95 to $11.50. You can even pair a mug of Kirin Ichiban beer with their signature *Zen Ramen* (shoyu flavor) for $9.50. Great gourmet ramen noodles at prices not to be missed!

*All ramen noodles at Noodle Café Zen are also served at its sister restaurant, Sushi Lounge.



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TEL. 212-533-6855
www.zensushinyc.com

Sushi Lounge (Sister restaurant)
132 St. Mark's Pl. (at Avenue A) New York, NY 10009
TEL. 212-598-1188 www.sushiloungenyc.com

TOP 5 Ramen at Noodle Café Zen

Zen Ramen $6.95

This shoyu (soy sauce) flavored signature ramen is the best way to appreciate the combination of Zen's crafted soup and its noodles. You can even drink the soup to the bottom. It is topped with standard chashu pork, simmered egg and bamboo shoots, as well as nori seaweed and daikon sprouts.

Miso Ramen $8.50

When miso paste is blended into Zen's chicken broth, it turns into a full-bodied hearty yet mild soup. An abundance of vegetables including corn, bean sprouts, daikon sprouts and bamboo shoots are also the secret to its popularity.

Tonkotsu Ramen $8.50

Zen's tonkotsu (pork bone broth) is original in the way it is mixed with its clear chicken broth. It's lighter and more refreshing than standard tonkotsu. Its homemade ma-yu (garlic oil and takana (mustard green pickles) toppings uniquely spice it up.

Chan Pon Ramen $11.50

You can't get more satisfied than with this specialty ramen from the Nagasaki region which boasts an abundant variety of toppings from vegetables to seafood and meat. Zen's clear chicken broth nicely balances out the medley of flavors from the toppings.

Cold Ramen $9.25

This traditional hiyashi chuka cold ramen is one of summer's essentials. Slightly sweet and sour sauce and julienned summer vegetables cool you down and give you a sufficient energy boost at the same time.

Don't Miss the Sushi Roll Variety

Noodle Café Zen and its sister restaurant Sushi Lounge offer their vast varieties of sushi items, especially rolls. There's something for everyone with their traditional rolls (listed under the category of "Tokyo Standard") and creative rolls (listed under the "New York Pop Creation" category). What's more, in both restaurants all sushi is half-price all day! Even order a combination of 50 pieces or more!

Japanese Restaurant Review

Takesushi
•
East
•
Jin Ramen

Asian Restaurant Review

Golden Unicorn

Let's Eat the Season

Eggplant with Shrimp and Pork Paté

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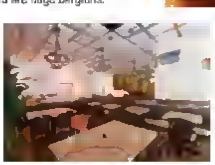
Mon. Tue. Thu. 12-2:30 pm, 5:30-10 pm, Fri. 12-2:30 pm, 5:30-10:30 pm
Sat. 5:30-10:30 pm, Sun. 2-9 pm

As fresh, exceptional ingredients are the secret to quality dishes, highly praised restaurants always have excellent food providers to support their cuisines. The owner of Takesushi, a newly opened Japanese restaurant in Sunnyside, is a veteran food provider himself, and naturally the restaurant's offerings are outstanding. "I'm proud that I'm able to cater authentic Japanese dishes with great quality and serve more than satisfactory portions at reasonable prices. Considering the quality of our food, it is almost 30% less expensive than Manhattan prices," says Mr. Robin Kawada who used to be a co-owner of a legendary sushi restaurant in Manhattan, Takesushi, popular among Japanese people in the 90s. Not only are their sushi and sashimi great, their other dishes including *Kama Toro Yaki* (Grilled fatty tuna collar), *Anago Tempura* (Conger eel tempura) and *Maguro Yu an Yaki* (Grilled miso marinated tuna belly), are all mouthwatering. Takesushi is an expert in seafood, but they also have a variety of menu items, such as *Nagoya Style Chicken Wings* and *Homemade Gyoza*. Although they offer quality dishes equivalent to some of Manhattan's upscale restaurants, their ambience is quite homey. Since Takesushi is in the process of obtaining a liquor license, you can also enjoy BYOB for the time being. Stopping over in Sunnyside is not at all a detour for enjoying real treats.

Owner Kawada's motto is to cater high quality food with larger portions at lesser prices. *Aji no Tataki* (Chopped horse-mackerel with ginger scallions) for $12, *Kama Toro Yaki* (Grilled fatty tuna collar) served with ponzu sauce for $9, and *Anago Tempura* (Conger eel tempura) for $13 are huge bargains.



With over 75 seats in a spacious room, Takesushi can easily accommodate a big party. A sushi counter in the corner allows you to appreciate a genuine Japanese style sushi experience.

3 Best Sellers

- **Kama Toro Yaki** (Grilled fatty tuna collar) $9
- **Aji no Tataki** (Chopped horse-mackerel with ginger scallions) $12
- **Nagoya Style Chicken Wings** $6

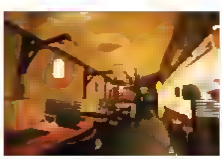
East

253 W. 55th St. (bet. Broadway & 8th Ave.)
New York, NY 10019
Mon-Sat: 11:45 am-2:30 pm, 5-10:30 pm; Sun: 11:45 am-2:30 pm, 5:30-10 pm

26 years is a long period of time for a restaurant to stay popular in New York City's competitive food business environment. East Restaurant on 55th Street in Midtown Manhattan has been loved for all those years, and there are solid reasons for its longevity. It started out as an oden (a type of hot pot simmered dish) and shabu shabu specialty restaurant, but East now serves sushi, home-style dishes, izakaya dishes, and any Japanese dish you can think of. According to Mr. Kawamura, manager of East, they have strived to offer "something new" while being true to authentic Japanese style. Through having introduced a variety of Jepanese foods in fun and affordable ways, the dishes on their menu have accumulated. *King Dragon Roll*, *Shabu Shabu* and *Kenkoh Box* (vegetarian bento box) are top selling items that perfectly reflect their beautiful transformation from hot pot specialty restaurant to Japanese diner catering to everyone from sushi lovers to vegetarians. Customers never fail to find great deals like half price Sapporo beer from 5-6:30 pm and daily, wallet friendly, select izakaya dishes ($3.95 each). Also, currently on Mondays they have salmon as a featured ingredient offering over 20 different salmon dishes. Likewise on Wednesdays, tuna dishes are highlighted. Their signature shabu shabu dishes are discounted on Saturdays and Sundays. If you consider yourself a Japanese food connoisseur, you can't pass up this restaurant.

Shabu Shabu comes with an abundance of vegetables, tofu and udon noodles. On Saturdays and Sundays, Prime Beef Shabu Shabu and Prime Berkshire Pork Shabu Shabu are offered for $15 per person (reg. $19) and $30 for two people (reg. $37) respectively.

Bittersweet Iced Green Tea ($3) is customers' favorite soft drink. It's particularly soothing during these hot days.

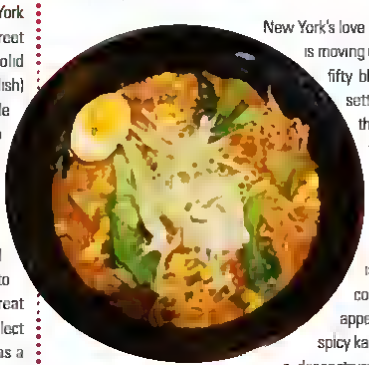


3 Best Sellers

- **King Dragon Roll** $15
- **Shabu Shabu** $14
- **Kenkoh Box (vegetarian)** $14

Jin Ramen

3183 Broadway (bet. Tiemann Pl. & 125th St.), New York, NY 10027
TEL: 646-559-2862
Mon-Thu: 11:30 am - 3:30 pm, 5-11 pm; Fri & Sat: 11:30 am - 3:30 pm, 5 pm-Midnight; Sun: 11:30 am - 3:30 pm, 5-10 pm



New York's love affair with Japanese comfort food is moving uptown. Jin Ramen ventured over fifty blocks north of its counterparts to settle near 125th street just outside the 1 train station. At first glance the restaurant's steaming pots and geometric wood paneling could belong to a restaurant in downtown Tokyo but the eclectic, multicultural staff is pure NYC. Courteous and cohesive, the team puts out popular appetizers like steamed pork buns, spicy kara-age, and kani salad. Likened to a deconstructed California roll, the kani salad is a collection of textures with its julienned strips of crab stick and cucumber topped with wakame seaweed and tempura bits. The savory goodness of pork bone tonkotsu broths, started every morning at 6 am, are pushed to perfection by custom designed fresh noodles. Special care is taken to complement the smooth, thick, collagen rich soup of spicy tonkatsu ramen with thin delicate noodles. Thick curly noodles add to the hearty heartwarming sensation of the miso ramen allowing it to maintain its bone sticking quality when the pork belly and chicken sausage are omitted for the vegetarian version. Raised in Queens and trained by a Japanese ramen master, Chef Mark Viloria creates dishes that are respectful of Japanese tradition and harmonious with their uptown home.

Sake and cold beer pair perfectly with a casual meal of Japanese comfort food. Post up at the bar for a front row seat to a kitchen where tasty nibbles like spicy kara-age with an exceptional crunch are fashioned into the perfect snack.

3 Best Sellers

- **Steamed Pork Buns** $7
- **Spicy Tonkotsu Ramen** $12
- **Miso Ramen** $12

Japanese Restaurant Guide

$35 Average price for a dinner entree and a drink (sake or wine)

Sushi Bar Available | Open for Lunch
M Tu W Thu Close | Delivery
F Sa Su | Family Dining
Romantic Dining | Local Favorite
Vegetarian Friendly | Business Dinner

Coupon available at www.chopsticksny.com
★ Chopsticks NY available to pick up

Upper West

Upper West — Bar Masa — $69 Su
Time Warner Ctr 10 Columbus Cir
212-823-9800

Upper West — Daa Japanese Restaurant — $20 L
2018 Broadway (at 69th St.)
212-877-5255

Upper West — Gari — $80
370 Columbus Ave. (bet. 77th & 78th St.)
212-362-4814

Upper West — Haru — $35
433 Amsterdam Ave (bet. 80th & 81st St.)
212 579-5855

Upper West — Ichia Restaurant — $20 M
53 W. 100th St. (bet. Manhattan & Columbus Ave.)
212 865-4869

Upper West — Jha Ramea* — $15 L
3163 Broadway (at 125th St.)
646-559-2861

Upper West — Kitaro — $20 L
510 Amsterdam Ave (bet. 84th & 85th St.)
212-787-8008

Upper West — Kouzaa — $25 L
485 Amsterdam Ave. (at 83rd St.)
212 280-8033

Upper West — Kuma Sushi — $30
165 W. 72nd St. (Columbus & Amsterdam Ave.)
212 580-0226

Upper West — Mama Sushi — $25 L
237 Dyckman St. (Broadway & Seaman Ave.)
212-544-0003

Upper West — Mana Organic Cafe — $20 L
649 Amsterdam Ave. (bet. 91st & 92nd St.)
212-787-1110

Upper West — Masa — $400 Su L
Time Warner Ctr. 4FI Columbus Cir.
212-823-9800

Upper West — Matsu — $20 L
483 Columbus Ave. (bet. 83rd & 84th St.)
212-799-7322

Upper West — Momoya Amsterdam — $42 L
427 Amsterdam Ave (bet. 80th & 81st St.)
212-580-0007

Upper West — Next Door — $25 L
513 W. 187th St. (Pinehurst & Fort Washington)
212 543-2111

Upper West — Dzu — $25 L
598 Amsterdam Ave (bet. 87th & 88th St.)
212-787-8318

Upper West — Planet Sushi* — $25 L
380 Amsterdam Ave (at 78th St.)
212-712-2162

Upper West — Raku* — $20 L
57 W. 76th St. (at Columbus Ave.)
212-873-1220
Located in a beautiful brownstone neighborhood, Raku offers the best sushi deals around without compromising on the freshest ingredients. In addition to sushi and sashimi, try the highly recommended appetizers and entrees.

Upper West — Saga Grill — $25 L
1269 Amsterdam Ave. (bet. 122nd & 123rd St.)
212 666-2996

Upper West — Saji's — $15 L
258 W. 109th St. (Broadway & Amsterdam Ave.)
212-749-1834

Upper West — Suma Sashi — $25 L
964 Amsterdam Ave (bet. 107th & 108th St.)
212-280-5856

Upper West — Sun-Chan* — $25 L
2707 Broadway (bet. 103rd & 104th St.)
212-749-5001

Upper West — Sushi A-Go-Go — $25 L
1900 Broadway (bet. 63rd & 64th St.)
212-724-7340

Upper West — Sushi Hana — $35 L
456 Amsterdam Ave. (bet. 82nd & 83rd St.)
212-874-1078

Upper West — Sushi Yasaka* — $30 L
251 W. 72nd St. (Broadway & West End Ave.)
212 496-6460

Upper West — Sushi Yu 2 — $18 L
727 W. 181st St. (bet. Pinehurst & Cabrini)
212-781-9833

Upper West — Tamaya — $14 L
4030 Broadway (bet. 169th & 170th St.)
212 568-0036

Upper West — Tanzaa — $32 L
265 Columbus Ave. (bet. 73rd & 74th St.)
212-580-7300

Upper West — Vine Sushi & Sake — $20 L
2953-55 Broadway (bet. 115th & 116th St.)
212 222-8568

Upper East

Upper East — Aki Sushi — $25 L
1425 York Ave. (bet. 75th & 76th St.)
212 628-0815

Upper East — Dongari — $60 M
308 E. 83rd St. (bet. 1st & 2nd Ave.)
212-737-6456

Upper East — East Japaaese* — $22 L
354 E. 49th St. (bet. 1st & 2nd Ave.)
212-734-5270

Upper East — Fuji Yama — $30 L
1466 1st Ave. (bet. 76th & 77th St.)
212-249-2722

Upper East — Ginza — $20 L
800 Lexington Ave. (at 62nd St.)
212-888-7698

Upper East — Haru — $30 L
1329 3rd Ave. (at 76th St.)
212 452-1028

Upper East — Haru Sake Bar — $38 L
1327 3rd Ave. (at 76th St.)
212-452-2230

Upper East — Ichiro — $30 L
1694 2nd Ave. (bet. 87th & 88th St.)
212 369-5300

How about enjoying our famous sushi and delicious appetizers!
Ladies' Set
only $18
Dinner time only
Toro Steak $10
and more.
A set of three mini appetizers of the day, customer's choice of 4 pieces of sushi and 1 roll, cold bukkake udon, and dessert
Only 3 minutes from Grand Central
HATSUHANA PARK
237 Park Ave (bet 45th & 46th St) 212 661 3400
Mon-Fri 11:45am-2:45pm (Lunch), 5:30pm-10pm (Dinner)
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Vanderbilt Ave
Park Ave
45th St
Grand Central
Lexington Ave
44th St

Upper East **Ikenohana**
1016 Lexington Ave (bet 72nd & 73rd St) $30
212 737-6539

Upper East **IRON Sushi***
355 E 78th St (bet 1st & 2nd Ave) $25
212 772-7780

Upper East **Isohana**
1596 3rd Ave (bet 93rd & 94th St) $30
212-828-0095

Upper East **Iwasaki Sushi**
1103 1st Ave (bet 60th & 61st St) $25
212-308-9926

Upper East **Ko Sushi (2nd Ave)**
1323 2nd Ave (at 70th St) $31
212-439-1678

Upper East **Ko Sushi (York Ave)**
1619 York Ave (bet. 85th & 86th St) $31
212 772-9236

Upper East **Koito Sushi***
310 E 93rd St (bet 1st & 2nd Ave) $30
212-426-1216

Upper East **Kyoto Sushi**
1240 Lexington Ave (bet 83rd & 84th St) $30
212-288-5024

Upper East **Mutsu**
411 E 70th St (bet York & 1st Ave) $30
212 744-5454

Upper East **Naruto Ramen***

The signature NARUTO RAMEN is a soy broth based noodle soup topped with boiled eggs various vegetables and thick slices of tender pork Miso and curry flavored broth also available Enjoy any ramen for $7 00 on Mondays and GYOZA for $2 50 on Wednesdays
1596 3rd Ave (bet. 93th & 90th St) $10
212 289-7803

Upper East **Oaki Sushi**
1575 3rd Ave (bet 89th & 88th St) $35
212-876-9388

Upper East **Poka**
343 E 85th St (bet 1st & 2nd Ave) $30
212 243-0569

Upper East **Susuhune**
401 E 73rd St (bet 1st & York Ave) $40
212 243-6563

Upper East **Shabu-Shabu 70***
314 E 70th St (bet 1st & 2nd Ave) $25
212-861-5035

Upper East **Sushi Hana**
1501 E 2nd Ave (at 78th St) $25
212-327-0582

Upper East **Sushi of Gari**
402 E 78th St (bet 1st & York Ave) $80
212-517-5340

Upper East **Sushi Seki***
1143 1st Ave (bet 62nd & 63rd St) $57
212 371-0229

Upper East **Sushi Suki**
1577 York Ave (bet 83rd & 84th St) $20
212-249-3756

Upper East **Tataki 72**
1400 2nd Ave (bet 72nd & 73rd St) $20
212-472-1700

Upper East **Tanzan**
Sth 2nd Ave (bet 52nd & 53rd St) $35
212-980-5300

Upper East **Teriyaki Boy***
1640 3rd Ave (bet 91st & 92nd St) $7
212-987-7150

Upper East **Tokuhei 86***
314 E 86th St (bet. 1st & 2nd Ave) $25
212-628-5334

Upper East **TORI SHIN**
1103 1st Ave (bet 64th & 65th St) $70
212-888-8408

Upper East **Totoya**
1144 1st Ave (at 63rd St) $25
212-753-0422

Upper East **Wajima**
134 E 61st St (bet Lexington & Park Ave) $30
212-813-9065

Upper East **Wasabi Lobby**
1582 2nd Ave (at 82nd St) $30
212 988-8882

Upper East **YUKA***
1557 2nd Ave (bet 80th & 81st St) $25
212 772 9875

Upper East **Yuko**
1531 York Ave (at 81st St) $25
212 988-5900

Midtown West

Midtown West **Ai's Sushi**
374 W 46th St (at 9th Ave) $15
212 265-5898

Midtown West **Aki Sushi**
356 W 52nd St (bet 8th & 9th Ave) $30
212-262-2988

Midtown West **Aoki**
234 W 48th St (bet. Broadway & 8th Ave) $30
212-956-2356

Midtown West **Bamboo 52**
344 W 52nd St (bet 8th & 9th Ave) $12
212-315-2777

Midtown West **Beauhaus**
47 W 56th St (bet 5th & 6th Ave) $30
212-581-0930

Midtown West **Bunto Sushi***

They offer high quality Japanese meal made fresh to go With the motto fast, cheap and delicious they are here to provide ready-to-eat Japanese meals and snacks that are delicious and healthy for you Sushi bento box and noodles are available
1407 Broadway (bet. 38th & 39th St) $8
212-394-1405

Midtown West **Go Sushi**
756 9th Ave (at 51st St) $20
212-459-2288

Midtown West **GO! GO! CURRY!***

The triple crown winner of Japanese curry contest is the one and the only curry specialty restaurant They are known for long lines of diners and now take advanced orders Delivery is available in Midtown West and East for a limited time Details on website.
273 W 38th St (bet 7th & 8th Ave) $8 5
212 730-5555 www.gogocu ryusa-ny.com

Midtown West **Haru**
205 W 43rd St (bet. Broadway & 8th Ave.) $35
212-398-3610

Midtown West **Inakaya**
231 W 40th St (bet 7th & 8th Ave) $45
212-354-2195

Midtown West **Ise 56**
50 W 56th St (bet 5th & 6th Ave) $25
212 707-8702

Midtown West **Ishihama**
315 5th Ave. (at 32nd St.) 212-868-0202 — $30

Midtown West **Izakaya IROHA**
152 W 49th St (bet. 6th & 7th Ave.) 212-850-8048 — $30

Midtown West **KATSUHAMA55**
43-45 W. 55th St. (bet. 5th & 6th Ave.) 212-541-7145 — $18

Midtown West **Kodema 45**
301 W 45th St. (at 8th Ave.) 212-582-8055 — $25

Midtown West **Kai**
40 W. 40th St. (bet. 5th & 6th Ave.) 212-921-3330 — $60

Midtown West **Kyotofu**
705 9th Ave. (bet. 48th & 49th St.) 212-974-6012 — $25

Midtown West **Meakui-Tei**
40 W. 56th St. (bet. 5th & 6th Ave.) 212-757-1642 — $20

Midtown West **Monster Sushi***
22 W. 40th St. (bet. 5th & 6th Ave.) 212-9897707 — $30

Midtown West **Natsumi**
228 W. 50th St. (bet. Broadway & 8th Ave.) 212-25-2368 — $40

Midtown West **NOBU 57**
40 W. 57th St. (bet. 5th & 6th Ave.) 212-757-3000 — $100

Midtown West **Ocha***
350 W. 45th St. (bet. 9th & 8th Ave.) 212-581-3136 — $25

Midtown West **Rio & You***
328 W. 45th St. (bet. 9th & 8th Ave.) 212-307-0717 — $25

Midtown West **Sake Bar Hagi***
152 W. 49th St. (bet. 6th & 7th Ave.) 212 764-8543 — $25

Midtown West **Sapporo***
152 W. 49th St. (bet. 6th & 7th Ave.) 212-903-8972 — $18

Midtown West **Shimizu**
315 W. 51st St. (bet. 8th & 9th Ave.) 212-581-1581 — $35

Midtown West **Sobe Nippon***
19 W. 52nd St. (bet. 5th & 6th Ave.) 212-483-2525 — $30

Midtown West **Sugiyama**
251 W. 55th St. (bet. Broadway & 8th Ave.) 212-956-0670 — $85

Midtown West **Sushi Dama**
300 W. 58th St. (bet. 8th & 9th Ave.) 212 707-0008 — $45

Midtown West **Sushi of Gari 46**
347 W. 46th St. (bet. 8th & 9th Ave.) 212-957-0046 — $80

Midtown West **Seshi Zea**
108 W. 44th St. (bet. 6th & 7th Ave.) 212-302-0707 — $70

Midtown West **Sushiden***
123 W. 49th St. (bet. 6th & 7th Ave.) 212-354-2900 — $45

Midtown West **Sushiya***
28 W. 56th St. (bet. 5th & 6th Ave.) 212-247-6756 — $20

Midtown West **TABATA***
540 9th Ave. (bet. 39th & 40th St.) 212-290 7691 — $15

Midtown West **Terakawa Ramea***
645 5th Ave. (bet. 57th & 58th St.) 212-307-0170 — $12

Midtown West **Totto Ramen**
366 W. 52nd St. (bet. 8th & 9th Ave.) 212-582-0052 — $20

Midtown West **Yakitori TOTTO**
251 W. 55th St. (bet. Broadway & 8th Ave.) 212-245-4555 — $45

Midtown West **Yuki 55***
253 W. 55th St. (bet. Broadway & 8th Ave.) 212-581-2240 — $20

Midtown West **Yummy Sushi***
30 Rockefeller Plaza Concourse Level 212-459 2100 — $10

Midtown East

Midtown East **Aburiya Kinnosuke***
213 E. 45th St. (bet. 2nd & 3rd Ave.) 212-867-5454 — $65

Midtown East **Azuse***
3 E. 44th St. (bet. Madison & 5th Ave.) 212-661-0001 — $35

Midtown East **OONBURI-YA***
137 E. 47th St. (bet. 3rd & Lexington Ave.) 212-980-7900 — $25

Midtown East **Gyu-Kaku***
805 3rd Ave. 2 Fl. (at 50th St.) 212-702-9816 — $40

Midtown East **Hakubai**
The Kitano Hotel, 66 Park Ave. (at 38th St.) 212-885-7111 — $66

Midtown East **Haru**
280 Park Ave. (at 48th St.) 212-480-8680 — $35

Midtown East **Hatsuhana**

Established in 1976, Hatsuhana is a longstanding New York sushi restaurant. Conveniently located just 3 minutes from Rockefeller Center, it is perfect for business lunches. Attentive service by their Omakase at sushi bar or prix fixe and entree starting at $23
17 E. 48th St. (bet. 5th & Madison Aves.) 212-355-3345 www.hatsuhana.com — $50

Midtown East **Hatsuhana Park***
237 Park Ave. (bet. 45th & 46th St.) 212-661-3400 — $35

Midtown East **Hide-Chan Ramea**
245 E. 52nd St. 2 Fl. (bet. 2nd & 3rd Ave.) 212-813-1800 — $20

Midtown East **Isa 49**
151 E. 49th St. (bet. 3rd & Lexington Ave.) 212-813-6876 — $25

Midtown East **Izakaya Ariyoshi**
226 E. 53rd St. (bet. 2nd & 3rd Ave.) 212-813-3540 — $25

Midtown East **Izakaya Riki**

Serving Midtown Manhattan for over 20 years, Izakaya Riki offers many varieties of Japanese izakaya style food. Their filling lunch set ($15) is not to be missed. Open until 3 am from Mon-Fri, Riki opens its doors to hungry New Yorkers
141 E. 45th St. (bet. Lexington & 3rd Ave.) 212-986-1106 — $40

Midtown East **Jukai**
237 E. 53rd St. (bet. 2nd & 3rd Ave.) 212-593-9788 — $30

Midtown East **KATSUHAMA47***
11 E 47th St. (bet. Madison & 5th Ave.) $18
212-754-5909

Midtown East **Kuruma Zushi**
7 E 47th St. 2 Fl. (bet. Madison & 5th Ave.) $100
212.317.2002

Midtown East **Mai Sushi Restaurant**
16 E 41st St. (bet. 5th & Madison Ave.) $18
212-400-8680

Midtown East **MEGU Midtown**
845 UN Pl. (bet. 47th & 48th St.) $125
212-964-7777

Midtown East **Menchuuho-Tei**
131 E. 45th St. (bet. 3rd & Lexington Ave.) $14
212.980-6805

Midtown East **Neda-Sushi**
135 E. 50th St. (bet. 3rd & Lexington Ave.) $25
212-838-2537

Midtown East **Nippou***
155 E. 52nd St. (bet. 3rd & Lexington Ave.) $49
212-758-0226

Midtown East **Oms/h***
159 E. 49th St. (bet. 3rd & Lexington Ave.) $9
212-822-8768

Midtown East **Onyu***
143 E. 47th St. (bet. 3rd & Lexington Ave.) $30
212-715-0460

Midtown East **Restaurant SEO***
245 E. 49th St. (bet. 2nd & 3rd Ave.) $40
212-355-7722

Midtown East **Rungo**
205 E. 45th St. (bet. 2nd & 3rd Ave.) $50
212-867-4200

Midtown East **Ronin Bar & Grill**
3 E. 37th St. (bet. Madison & 5th Ave.) $15
212.213-5137

Midtown East **Suhuguru***

La gost sake burin the world serving over 200 varieties of sake and seasonal daily specials. Hammatte soba, and lunch set of soba & rice bowl are popular. This amazing hidcout situated on the basement level is a perfect for couples. Private parties available.
211 E. 43rd St. B1F (bet. 2nd & 3rd Ave.) $50
212-953-7253 www.sakaguru.com

Midtown East **Shunhoshu**
7 E. 48th St. (bet. Madison & 5th Ave.) $30
212-813-1008

Midtown East **Shochu Bar Hatchan**

Conveniently located near Grand Central Station, it is not only offering a wide selection of shochu and Japanese tapas. Enjoy drinks with yakitori and sushi served from the adjacent Yakitori East Restaurant. No cover charge. Discover your favorite shochu here.
210 E. 44th St. (bet. 2nd & 3rd Ave.) $30
212-687-5075

Midtown East **Suhe TOTTO**
211 E. 43rd St. 1 Fl. (bet. 2nd & 3rd Ave.) $40
212-557-6200

Midtown East **Sushi Time**
821 2nd Ave. (at 44th St.) $20
212-883-8383

Midtown East **SushiAnn**
38 E. 51st St. (at Park Ave.) $50
212.755-1780

Midtown East **Sushidou***
19 E. 49th St. (bet. Madison & 5th Ave.) $45
212.758-2700

Midtown East **Tukyo***
342 Lexington Ave. (bet. 39th & 40th St.) $50
212-697-8330

Midtown East **TOMI JAZZ**
239 E. 53rd St. (bet. 2nd & 3rd Ave.) $30
646-497-1254

Midtown East **Tsushima**
141 E. 47th St. (bet. 3rd & Lexington Ave.) $40
212 207 1038

Midtown East **West Udon Izakaya**
150 E. 46th St. (bet. 3rd & Lexington Ave.) $10
212-922-9877

Midtown East **Yuhitori East***
210 E. 44th St. (bet. 2nd & 3rd Ave.) $20
212-687 5075

Midtown East **YAMA Restaurant**
308 E. 49th St. (bet. 1st & 2nd Ave.) $28
212-355-3370

Midtown East **Yumahuge Tokyo**
1028 2nd Ave. (bet. 54th & 55th St.) $30
646 570-0663

Korea Town

Korea Town **Ichi Umi Restaurant***
9 E. 32nd St. (bet. Madison & 5th Ave.) $30
212-725-1333

Korea Town **Izakaya Moku**
10 W. 32nd St. 2 Fl. (bet. 5th Ave. & B'way) $20
212 731-3232

Korea Town **Kirakuya**
2 W. 32nd St. (bet. 5th Ave. & Broadway) $30
212-695-7272

Korea Town **Toyama Sushi**
11 W. 36th St. (bet. 5th & 6th Ave.) $22
212-967-5541

Chelsea

Chelsea **Bluu Ginger**
100 8th Ave. (bet. 15th & 16th St.) $30
212-352-0511

Chelsea **ennju***

A self-service restaurant conveniently located near union square stn on ennju features an orig nal menu created by the Japanese owner. There are many items to choose from including sushi bento ramen udon daily donburi and sake.
20 E 17th St. (bet. 5th Ave. & Broadway) $10
646-336-7004

Chelsea **IRON Sushi**
440 3rd Ave. (bet. 30th & 31st St.) $25
212-447-5822

Chelsea **Izakuya Teu**
207 10th Ave. (bet. 22nd & 23rd St.) $25
212-627-7777

Chelsea **Momoyu Chuluou**
185 7th Ave. (at 21st St.) $40
212-989-4499

Chelsea **Monster Sushi***
158 W. 23rd St. (bet. 6th & 7th Ave.) $30
212-620-5131

Chelsea **MORIMOTO**
88 10th Ave. (bet. 15th and 16th St.) $50
212-989-8883

Chelsea **Naha Nahu**
458 W. 17th St. (bet. 9th & 10th Ave.) $50
212-929-8544

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$10 (lunch)
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Dinner: 4:30pm - 10:00pm
Fri, Sat Dinner: 4:30pm - 11:00pm
www.ramensetagayany.com
243 MAIN ST, FORT LEE, NJ 07024 201-585-0739

Chelsea **Ootoya**
8 W. 16th St. (bet. 5th & 6th St.) $20
212-255-0018

Chelsea **Tanuki Tavern**
Gansevoort Hotel 18 5th Ave (at 13th St.) $50
212-660-6766

Chelsea **Tebaya**
144 W. 19th St. (bet. 6th & 7th Ave.) $13
212-924-8335

Gramercy

Gramercy **15 EAST**
15 E. 15th St. (bet. Union Sq. W. & 5th Ave.) $88
212-647-0015

Gramercy **Aji Sushi**
519 3rd Ave. (bet. 34th & 35th St.) $25
212-686-2055

Gramercy **Choshi***
77 Irving Place (at 19th St.) $20
212-420-1413

Gramercy **Hamachi**
34 E. 20th St. (bet. Park Ave. & Broadway) $25
212-420-8808

Gramercy **Hane**
348 1st Ave. (at 20th St.) $30
212-598-0135

Gramercy **Haru**
220 Park Ave. S. (at 19th St.) $30
646-428-0889

Gramercy **Kaiiea Sushi East***
366 3rd Ave. (bet. 26th & 27th St.) $15
212-689-2326

Gramercy **Mishima***
154 Lexington Ave. (bet. 30th & 31st St.) $25
212-532-9596

Gramercy **Momokawa**
157 E. 28th St. (bet. 3rd & Lexington Ave.) $35
212-5697930

Gramercy **Sahuri**
168 Lexington Ave. (bet. 30th & 31st St.) $20
212-481-9766

Gramercy **Sushi SAMBA**
245 Park Ave. South (bet. 19th & 20th St.) $35
212-475-8377

Gramercy **Sushi SEN-NIN**
30 E. 33rd St. (Park Ave. S. & Madison Ave.) $40
212-889-2206

Gramercy **Terakawa Ramea***
18 Lexington Ave. (bet. 23rd & 22nd St.) $12
212-777-2939

Gramercy **YAMA Restaurant**
122 E. 17th St. (at Irving Pl.) $20
212-475-0969

West Village

West Village **Akiiaa west 4**
181 W. 4th St. (bet. 6th & 7th Ave.) $44
212-989-5440

West Village **Cho Cho San***
15 W. 8th St. (bet. 5th & 6th Ave.) $25
212-473-3333

West Village **EN Japanese Brassaria**
435 Hudson St. (at Leroy St.) $40
212-647-9196

West Village **Hakata Tontoa***
61 Grove St. (bet. 7th Ave. & Bleecker St.) $25
212-242-9659

West Village **GO! GO! CURRY!***

With the motto "Everything for your genki vigor!" 5th 15th 25th are Go Go-Day. Order any kind of Curry and you can receive one free topping coupon. Vegetable Curry is now available at the Washington Square Park Stadium location. They offer free delivery.
231 Thompson St. (bet. W. 3rd & Bleecker St.) $8.5
212-505-2555 www.gogocurryusa-ny.com

West Village **Marumi***
546 LaGuardia Pl. (bet. Bleecker & 3rd St.) $30
212-979-7055

West Village **Mikada**
525 6th Ave. (bet. 13th & 14th St.) $20
212-255-9581

West Village **Miyabi**
121 W. 3rd St. (bet. MacDougal St. & 6th Ave.) $15
212-229-1699

West Village **Miyagi**
220 W. 13th St. (bet. 7th & Greenwich Ave.) $25
212-620-3830

West Village **Nagomi**
175 Prince St. (bet. Thompson & Sullivan St.) $35
212-387-8230

West Village **Ramea Takumi***
90 University Pl. (bet. 11th & 12th St.) $13
212-225-2752

West Village **Rockmarsha***
11 Barrow St. (bet. 4th & Bleecker St.) $35
212-675-9775

West Village **Soto**
357 6th Ave. (bet. 4th St. & Washington Pl.) $50
212-414-3088

West Village **Sushi Mamho**
205 Bleecker St. (bet. Leroy & Cornelia St.) $18
212-675-5885

West Village **Sushi Yawa**
25 W. 8th St. (bet. 5th & 6th Ave.) $30
212-253-9888

West Village **Tomaa Sushi**
172 Thompson St. (bet. Houston & Bleecker St.) $40
212-777-3346

West Village **Ushiwakamaru**
136 W. Houston St. (Sullivan & MacDougal St.) $80
212-228-4131

East Village

East Village **Ashiya**
157 1st Ave. (bet. 10th & 11th St.) $15
212-505-3348

East Village **BOND ST**
6 Bond St. (bet. Lafayette & Broadway St.) $75
212-777-2500

East Village **Cha-An**

Serving a wide variety of tea from China, Japan and India as well as organic sweets created by our pastry chef. The Daily Special Set for lunch or dinner goes well with wine or sake. Traditional tea ceremony in Seika-do (talami tea room) is available by reservation on
230 E. 9th St. 2Fl (bet. 2nd & 3rd Ave.) $20
212-228-8030 www.chaanteahouse.com

East Village **Otaci**
228 E. 10th St. (bet. 1st & 2nd Ave.) $40
212-387-0545

East Village **East Naodle**
119 2nd Ave. (at 7th St.) $16
212-982-4285

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Washington Square Park Stadium 231 Thompson St. (bet. Bleecker & W. 3rd St.) 212-505-2555
Times Square 273 W. 38th St. (bet. 7th & 8th Ave.) 212-730-5555

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214 E 10th St (bet 1st & 2nd Ave) 866-602-6775 www.mycurry-ya.com $20

East Village **Gya-Kaku***

34 Cooper Sq (bet 4th St and Astor Pl) 212-475-2989 $40

East Village **Hasaki***

210 E 9th St (bet 2nd & 3rd Ave) 212-473-3327 $40

East Village **IPPUDO NY**

65 4th Ave (bet 9th & 10th St) 212-388-0098 $29

East Village **IRON Sushi***

212 10th St (bet 1st & 2nd Ave) 212-228-0102 $25

East Village **Japonica**

100 Un versity Pl (at 12th St) 212-243-7752 $40

East Village **JEWEL BAKO**

239 E 5th St (bet 2nd Ave & Cooper Sq) 212-979-1012 $45

East Village **Kajitsa**

414 E 9th St (bet Ave A & 1st Ave) 212-228-4673 $80

East Village **Kambi Ramen House***

351 E 14th St (bet 1st & 2nd Ave) 212-228-1366 $15

East Village **Kamut Oen**

198 Avenue A (bet 11th St & 12th St) 212-777 2086 $25

East Village **KASAOELA**

647 E 11th St (bet Ave B & C) 212-777 1582 $30

East Village **Keaka***

25 St Marks Pl (bet 2nd & 3rd Ave) 212-254-6363 $25

East Village **Kotobaki**

56 3rd Ave (bet 10th & 11th St) 212-353-5087 $8

East Village **Kultoya**

536 E 5th St (bet Avenue A & B) 212-777 7010 $15

East Village **Kyo Ya**

94 E 7th St (bet Ave A & 1st Ave) 212-982-4140 $42

East Village **May's Place Sushi***

121 2nd Ave (bet 7th & St Marks Pl) 212-533-8408 $15

East Village **Menkai-Tei***

63 Cooper Sq (bet 7th St & St Marks Pl) 212 228-4152 $10

East Village **MINCA**

536 E 5th St (bet Ave A & B) 212-505-8001 $10

East Village **Misoya**

125 2nd Ave (bet 7th and St Marks Pl) 212-677-4625 $20

East Village **Naton**

50 St Marks Pl (bet 1st & 2nd Ave) 212-533-7711 $20

East Village **OH! Taisko***

9 St Marks Pl (bet 2nd & 3rd Ave) 212-673-1300 $20

East Village **Noodle Cafe Zen***

In the heart of East Village Zen has been serving 12 kinds of ramen noodles as well as hearty udon and sushi since 1985 Don t miss out on the r All Day 50% OFF discount on all sushi or sushi rolls for an order over $16 and the late n ght happy hour after 10pm

31 St Marks Pl (bet 2nd & 3rd Ave) 212-533-6955 www.zensushnyc.com $12

East Village **Otafuku***

A tny vender like yo nt Otafuku spec al zes in popular Japanese comfort food Takoyaki octopus dough and Okonomiyaki pancakes as well as Te yaki and Da fuku mochi cakes filled w th red bean paste Our food will make you feel like you are in downtown Tokyo

236 E 9th St (bet 2nd & 3rd Ave) 212-353-1503 $6

East Village **Rai Rai Ken***

Have you ever seen the mov e Tampopo e Japanese cult movie about sizz ng ramen noodle soup? Rai Rai Ken lets you exper ence the real Tokyo ramen w thout MSG Don t forget our homemade gyoza too They guarantee the most delightful experience

215 E 10th St (bet 1st & 2nd Ave) 212-477 7030 $15

East Village **Ramen Setagaya (St. Marks Pl)***

34A St Marks Pl (bet 2nd & 3rd Ave) 212-387 7999 $13

East Village **Robataya NY**

Roast ng f sh shipped from Tsukij market, and local ngredients carefully gr lled to perfection th s s authent c robatayak You w ll love the satisfying a la carte menu and the ca efully selected sake and shochu Chef's cho ce $48 tasting course $48 popular lunch set $18

231 E 9th St (bet 2nd & 3rd Ave) 212-979-9674 www.robataya-ny.com $45

East Village **Sake Bar Decitel**

240 E 9th St (bet 2nd & 3rd Ave) 212-979-2733 $40

East Village **Saka Bar Satsko**

202 E 7th St (bet Ave B & C) 212-614-0533 $25

East Village **Sapporo East**

245 E 10th St 212-260-1330 $17

East Village **Skaita-Tatsu***

215 E 10th St (bet 1st & 2nd Ave) 212-477 2372 $30

East Village **Skima**

196-198 2nd Ave (at 12th St) 212-260-8303 $20

East Village **Soltakok***

Serv ng Inaka (whole grain) style soba noodles us ng 100% stone-m lled Canadian buckwheat flour Enjoy soba n-its most n stnt ous way! Combinations of soba and donbu d sh es a e $13.15 for lunch 4-Course Early n rd Spec al ($18.50) s served until 7pm

309 E 5th St (bet 1st & 2nd Ave) 212-254-2244 www.compasscompass.com/sobakan $15

East Village **Souen East Village***

326 E 6th St (bet 1st & 2nd Ave) 212 30%-1155 $15

East Village **Soaca Restaurant***

28 E 13th St (bet Un vers ty Pl & 5th Ave.) 212-627 7150 $20

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229 E 9th St (bet. 2nd & 3rd Ave.) $20
212-533-6966 www.sobaya-nyc.com

East Village **Sushi Lounge***

Serving Japanese cuisine in a casual atmosphere at affordable prices. All Day Campaign offers 50% off on all sushi or sushi rolls for an order over $16. The menu also includes 12 ramens and tapas to satisfy your craving. Enjoy daily late night happy hour after 10pm.

132 St. Marks Pl. (at Ave. A) $12
212-505-1186 www.sushiloungenyc.com

East Village **Tokeihochi East Village**

95 Ave. A (at 6th St.) $25
212-505-6524

East Village **Udon West***

11 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20

East Village **Umenoie**

Umenoie is a Japanese comfort food restaurant in East Village with over 50 kinds of sake and shochu. All authentic Japanese homestyle dishes are prepared by the owner/chef. Try Goto Udon (udon noodles from Goto Islands of Japan). Now serving shochu desserts.

86 E 3rd St (bet. 1st & 2nd Ave.) $20
646-654-1122 www.downtownumenoie.com

East Village **Village Yokocho**

8 Stuyvesant St. 2Fl (bet. 9th St. & 3rd Ave.) $20
212-598-3041

East Village **Wasao**

109 E 4th St (bet. 1st & 2nd Ave.) $35
212-777-1978

East Village **Yakiniku West***

218 E 9th St (bet. 2nd & 3rd St.) $25
212-979-9239

East Village **Yakitori Taisho***

5 St. Marks Pl. (bet. 2nd & 3rd Ave.) $20
212-228-5086

East Village **Yoshi Sushi***

131 Ave. A (bet. St. Marks Pl. & 9th St.) $25
212-420-5505

East Village **Yuba Restaurant**

105 E 9th St (bet. 3rd & 4th Ave.) $40
212 777 8188

Lower Manhattan

Lower Mhn **Bento Sushi***

32 Broadway (at Morris St.) $8
212-747 0994

Lower Mhn **Cube 63**

63 Clinton St. (bet. Rivington & Stanton St.) $21
212-228-5751

Lower Mhn **Ise Downtown***

56 Pine St. (bet. Pearl & William St.) $38
212-785-1600

Lower Mhn **Kajyou**

21 South End Ave. (at W. Thames St.) $38
212 786-9886

Lower Mhn **Mottsu**

295 Mott St. (bet. Prince & Houston St.) $25
212-343-8017

Lower Mhn **Quickly Shabu Shabu**

237 E Grand St. (bet. Chrystie St. and Bowery) $13
212-431 0958

Lower Mhn **Soy**

102 Suffolk St. (bet. Delancy & Rivington St.) $14
212-253-1157

Lower Mhn **Sushein**

325 Broadway (bet. Worth & Duane St.) $26
212-962 2500

Lower Mhn **SUteiShi**

24 Peck Slip (bet. Front & Water St.) $30
212 766-2344

Tribeca

Tribeca **Bento Sushi***

173 Broadway (at Courtland St.) $8
212-437 9744

Tribeca **Brushstroke**

30 Hudson St. (at Duane St.) $130
212-791-3771

Tribeca **MEGU New York**

62 Thomas St. (bet. Church & W. Broadway) $125
212-964-7777

Tribeca **NINJA***

25 Hudson St. (bet. Reade & Duane St.) $35
212-274-8500

Tribeca **NOBU**

105 Hudson St. (at Franklin St.) $100
212 219-0500

Tribeca **NOBU NEXT DOOR**

105 Hudson St. (bet. Freeman & N. Moore St.) $75
212-334-4445

Tribeca **Rosanjie**

141 Duane St. (bet. Church St. & W. Broadway) $30
212-346-0964

Tribeca **Sushi Azabu**

428 Greenwich (bet. Laight & Vestry St.) $50
212 274-0428

Tribeca **Tokeihochi Tribeca***

145 Duane St. (Church & W. Broadway) $35
212-571-1830

Tribeca **Zutto***

77 Hudson St. (bet. Jay & Harrison St.) $40
212 233-3287

Soho

Soho **Blue Ribbon Sushi**

119 Sullivan St. (bet. Spring & Prince St.) $51
212 343-0404

Soho **Hiroko's Place**

75 Thompson St. (bet. Broome & Spring St.) $15
212-925-1303

Soho **Omen**

113 Thompson St. (bet. Spring & Prince St.) $30
212-925-8923

Soho **Soues Soho***

210 6th Ave. (at Prince St.) $20
212-807 7421

Brooklyn

Brooklyn **1 or 8***

66 S. 2nd St. (bet. Wythe & Kent Ave.) $32
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Brooklyn **Bozu***

296 Grand St. (bet. Havemeyer & Roebling St.) $30
718-384-7770

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157 E 28th St (bet. 3rd & Lexington Aves.)
212 684-7830 / www.momokawanyc.com

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Wagyu refers to breeds of Japanese cattle predisposed to extensive marbling and high percentage of unsaturated fat, which can be bred to produce Kobe style beef. This high quality meat is prized for its tenderness, juiciness and melt-in-your-mouth texture. WASAN serves Wagyu in various dishes highlighting each facet to best enjoy its taste profile.
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108 E. 4th St., (bet. 1st & 2nd Ave.) TEL: 212-777-1978 www.wasan-nyc.com

Brooklyn	**Fushimi**	
3316 4th Ave (bet. 33rd & 34th St.) 718-633-7788		$38
Brooklyn	**Geido***	
331 Flatbush Ave (bet. Park Pl. & Prospect Pl.) 718-638-8808		$25
Brooklyn	**Hibino**	
333 Henry St. (at Pacific St.) 718-260-8052		$35
Brooklyn	**Iron Chef House**	
92 Clark St. (bet. Monroe Pl. & Henry St.) 718-858-8517		$15
Brooklyn	**IZAKAYA inn SMITH***	
176 Smith St. (bet. Wyckoff & Warren St.) 718-855-2277		$20
Brooklyn	**Ki Sushi**	
122 Smith St. (bet. Dean & Pacific St.) 718-935-0575		$30
Brooklyn	**Mizu**	
122 Bedford Ave (bet. 6th St. & 7th St.) 718-782-8868		$20
Brooklyn	**Naruto Ramen**	
276 5th Ave (bet. 1st & Garfield St.) 718-832-1111		$12
Brooklyn	**Osaka**	
272 Court St. (bet. Degraw & Kane St.) 718-643-0044		$30
Brooklyn	**Oshima Restaurant**	
71 7th Ave. (bet. Berkeley & Lincoln Pl.) 718-783-1889		$25
Brooklyn	**OZU***	
78 Clark St. (bet. Hicks & Henry St.) 718-797-8228		$20
Brooklyn	**qoo Robata***	
357 Metropolitan Ave (at Havemeyer St.) 718-384-6493		$25
Brooklyn	**Sakura 6**	
837 Manhattan Ave (bet. Calyer & Noble St.) 718-349-7868		$10
Brooklyn	**Sapporo Hora Japanese**	
622 Manhattan Ave (Driggs & Nassau Ave.) 718-389-9721		$16
Brooklyn	**Supercore***	
305 Bedford Ave (bet. S 2nd & S 1st St.) 718-302-1625		$20
Brooklyn	**Tenzan**	
7116 19th Ave (at 71st St.) 718-621-9238		$30
Brooklyn	**Zenhichi***	

Since 2006 Zenkichi has been offering Tokyo-style seasonal small plates to homesick Japanese as well as New Yorkers who crave authentic Japanese culinary experience beyond sushi. Hidden away in the enclosed semi-private dining booths diners can savor the 8-course Omakase tasting menu and indulge in premium sake from one of the most elite sake selections in the city. Guests must be 14 years or older to be accommodated.

77 N. 6th St. (at Wythe Ave.) 718-384-8385 www.zenkichi.com		$40
Brooklyn	**ZuZu Ramen**	
173 4th Ave (at Degraw St.) 718-398-9888		$20

Queens

Queens	**ARIYOSHI***	
41-13 Queens Blvd Sunnyside NY 11104 718-937-9289		$18
Queens	**Bistro 33**	
19-33 Ditmars Blvd Astoria NY 11105 718-721-1933		$20
Queens	**gowasabi***	
34-02 30th Ave Astoria NY 11103 718-204-7354		$23
Queens	**Hakata**	
37-02 Prince St Flushing NY 11354 718-321-0250		$13
Queens	**Hinomora Ramen**	
33-16 Ditmars Blvd Astoria NY 11105 347-792-2643		$15
Queens	**KATSUNO***	
103-01 Metropolitan Ave Forest Hills NY 718-575-4033		$35
Queens	**Kyoto Sushi**	
153-11 Union Tpk Flushing NY 11354 718-380-7777		$25
Queens	**LINN Wafu Dining***	
29-13 Broadway Astoria NY 11106 718-204-0060		$30
Queens	**Narda**	
107-08 70th Rd Forest Hills NY 11375 718-263-2999		$20
Queens	**Oishi Sushi**	
37-04 Ditmars Blvd Astoria, NY 11105 718-626-0566		$20
Queens	**Samurai Boy***	
85-32 Grand Ave Elmhurst, NY 11373 718-457-2222		$9
Queens	**Shiro of Japan Atlns Pk**	
80-40 Cooper Ave Glendale NY 11385 718-326-8704		$20
Queens	**SUSHI ISLAND***	
87-18 Queens Blvd Elmhurst, NY 11373 718-803-3033		$20
Queens	**Tendo Sushi***	
66-26 Fresh Pond Rd Ridgewood NY 11385 718-381-0852		$12
Queens	**Udon West**	
13780 Northern Blvd Flushing NY 11354 718-359-2324		$10
Queens	**Watawa Sushi***	
33-10 Ditmars Blvd Astoria, NY 11105 718-545-3566		$28

Long Island

Long Island	**Benihana**	
2105 Northern Blvd Manhasset, NY 11030 516-627-3400		$30
Long Island	**Benihana**	
920 Merchant's Concourse Westbury NY 516-222-9051		$30
Long Island	**Inatome Japanese Steak House***	
8 5th St. Valley Stream, NY 11581 516-872-0418		$28
Long Island	**Isono**	
214 Jericho Tpk Floral Park, NY 11001 516-437-4552		$25
Long Island	**Koban Restaurant***	
2016 Merrick Rd. Merrick, NY 11566 516-223-9200		$30

bento

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212-437-8744

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(@Morris St.)
212-747-0994

1407 Broadway
(bet 38th & 39th St.)
212-394-1405

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Long Island **Koisu**
540 Westbury Ave Carle Place NY 11514 516-333-3434 $26

Long Island **KumBurn**
475 New York Ave Huntington NY 11743 631-673-0090 $30

Long Island **Kurofuue***
77 Commack Rd Commack NY 11725 631-486-1075 $20

Long Island **Mumon Restaurant ***
1300 Franklin Ave Garden City NY 11530 516-747-3366 $32

Long Island **Nagushima***
12 A-1 Jericho Tpk Jericho NY 11753 516-338-0022 $25

Long Island **Rock-n-Suke Port WA**
30 Main St Port Washington NY 11050 516-883-7253 $30

Long Island **Sapporo**
3295 Merrick Rd Wantagh NY 11793 516-785-3653 $18

Long Island **Sun Restaurant***
23 Main St Sag Harbor NY 11963 631-725-1774 $45

Long Island **Shiro of Japuu***
401 Old Country Rd Carle Place NY 11514 516-997-4770 $20

Long Island **SUSHI ICHI**
700 N Country Rd Setauket, NY 11733 631-689-3111 $25

Long Island **TAIKO Restaurant**
15 S Village Ave Rockville Ctr NY 11570 516-678-6149 $20

Long Island **Taku Sushi***
321 Carman Ave Westbury NY 11590 516-876-0033 $20

Long Island **Torigu ***
196 Jericho Tpk Floral Park, NY 11001 516-352-1115 $25

Long Island **Restaurant Yumaguchi***

Since 1980 serving the locals authentic Japanese home cooking and fresh sushi. You will appreciate the authenticity and generous portions. Aside from the regular menu daily lunch specials and the Chef Special are popular among the local patrons
63 Main St Port Washington NY 11050 516-883-3500 $25

Long Island **Yuki's Pulette Too***
151 Merrick Ave Merrick, NY 11560 516-867-8738 $25

The Bronx

The Bronx **OHANA**
500 City Island Ave Bronx NY 10464 718-885-0700 $35

Westchester

Westchester **Hajime***
257 Halstead Ave Harrison NY 10528 914-777-1543 $35

Westchester **Momiji***
261 Halstead Ave Harrison NY 10528 914-835-1078 $25

Westchester **Nanase**
522 Mamaroneck Ave White Plains, NY 10605 914-285-5351 $50

Westchester **Nishi**
473 Ashford Ave Ardsley NY 10502 914-693-2500 $25

Westchester **Nodu***
200 Hamilton Ave White Plains NY 10601 914-949-0990 $25

Westchester **Sakanuya Sushi**
14 North Central Ave. Hartsdale, NY 10530 914-948-9095 $18

Westchester **Sazun Restaurant***
729 Saw Mill River Rd Ardsley NY 10502 914-674-8015 $23

Westchester **Tanto***
939 White Plains Rd Scarsdale NY 10583 914-725-9100 $18

Westchester **Tsuru**
259 N Central Ave Hartsdale, NY 10530 914-761-0057 $25

Upstate

Upstate **Kuruta**
77 Quaker Ridge Rd New Rochelle NY 10804 914-636-6656 $15

Upstate **Kiku House**
11-21 E Washington Ave Pearl River NY 845 735-8885 $25

Upstate **Sukurabuuu NY**
328 Route 59 Central Nyack, NY 10960 845 727-3533 $20

New Jersey

New Jersey **Aphui Princeton**
11 Chambers St. Princetone, NJ 08542 609-258-4158 $20

New Jersey **Akai Sushi Louuge**
11 N. Dean St. Englewood NJ 07631 201-541-0096 $18

New Jersey **Aoyumu**
1382 Washington Valley Rd Martinsville NJ 732 271-2558 $18

New Jersey **Asahi Japanese***
1475 Bergen Blvd Fort Lee NJ 07024 201-944-5113 $17

New Jersey **Daimatsu***
960 Mountain Ave Mountainside, NJ 07092 908-233-7668 $25

New Jersey **Eust Jupuuese**
1405 Teaneck Rd Teaneck, NJ 07666 201-837-1260 $25

New Jersey **Higu Butteu***
2024 Center Ave #J & K Fort Lee NJ 07024 201-461-5465 $15

New Jersey **Ichi Umi Restaurent**
352 Menlo Park Dr Edison NJ 08837 732-309-2370 $30

New Jersey **ICHIBAN**
776 Bloomfield Ave W Caldwell NJ 07006 973-404-7178 $22

New Jersey **Italian Tomato (Mitsuwa)**
595 River Rd Edgewater NJ 07020 201-941-9113 $7

New Jersey **Kuuame***
783 Palisade Ave Cliffside Park, NJ 07010 201-886-0060 $25

New Jersey **KIKU**
365 Rt 17 S Paramus NJ 07652 201 265-7200 $40

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35 Town Sq Pl Jersey City NJ 07310 $30
201-633-8886 www.kmegash .com

New Jersey **Masa Sushi & Grill***
81 W Allendale Ave Allendale NJ 07401 $30
201-934-6616

New Jersey **Monster Sushi***
395 Springfield Ave. Summit NJ 07901 $25
908-598 1100

New Jersey **Princeton Tnmo Sushi**
238 Nassau St. Pr nceton NJ 08542 $15
609-924-8478

New Jersey **Rohu Izaheya**
209 Main St. Fort Lee NJ 07024 $25
201-585-0707

New Jersey **Sahara-bana***
43 Franklin Ave. Ridgewood NJ 07450 $25
201-447-6525

New Jersey **Sentohho (Mitsuwa)**
595 River Rd. Edgewater NJ 07020 $10
201-941 1004

New Jersey **Sanmki Sando (Mitsuwa)**
595 River Rd. Edgewater NJ 07020 $10
201-941-9113

New Jersey **Sugi**
2117 Rt. 4 E. Fort Lee NJ 07024 $22
201-461 3100

New Jersey **TATSUMI***
1034 River Rd. Edgewater NJ 07020 $25
201-943-0202

New Jersey **Tondo Sushi***
10 Schuyler Ave Kearny NJ 07032 $12
201-991-5596

New Jersey **Toya Restanrant***
432 Anderson Ave Cliffs de Park, NJ 07010 $25
201-617-5532

New Jersey **Umeya**
156 Piermont Rd Cresskill, NJ 07626 $25
201-816-0511

New Jersey **Yahtori 39**
252-254 Degraw Ave Teaneck, NJ 07666 $35
201-692-0700

Connecticut

Connecticut **Abis**
381 Greenwich Ave. Greenwich CT 06830 $30
203-992-3100

Connecticut **Kezu**
64 N Main St. Norwalk, CT 06854 $25
203-854-7492

CAFE

Upper West **Board Papa's Upper W.**
2167 Broadway (bet 77th & 78th St.) Cream Puffs
212 799-3770

Upper East **Chnux Factory**
1995 1st Ave (bet 97th & 98th St.) Cream Puffs
212-289-2029

Midtown West **Cafe Zaiya Midtown W.**
1073 6th Ave 2nd Fl (bet 40th & 41st St.) Bakery
212-764-6765

Midtown West **Minamoto Kitchoan**
608 5th Ave (bet 49th & 50th St.) Confec-tionery
212-489-3747

Midtown East **Cafe Zaiya Midtown E.**
18 E 41 St (bet Madison & 5th Ave.) Bakery
212 779-0900

Midtown East **Choux Factory**
965 1st Ave (bet 48th & 49th St.) Cream Puffs
212 223-0730

Chelsea **Flavabnnm**
900 6th Ave (bet 12th & 18th St.) Dessert Bar
212-414-0010

East Village **Cafe Zaiya East Village**
66 Cooper Sq (bet 7th St & St. Marks Pl.) Bakery
212 253-0700

East Village **Chihalicious**
203 E 10th St (bet. 1st & 2nd Ave.) Dessert Bar
212-475-0023

East Village **PANYA**
6 Stuyvesant St (bet 9th St & 3rd Ave.) Bakery
212 777 1330

New Jersey **Minamoto Kitchoan**
595 River Rd. Edgewater NJ 07020 Confec-tionery
201-313-9335

New Jersey **Parisiennn**
250 Main St. Fort Lee NJ 07024 Bakery
201-592-8971

KARAOKE

Upper East **Iggy's**
1452 2nd Ave (bet. 75th & 76th St.) $1 /song
212 327 3043

Midtown West **Ynhi 55**

Sing and d nc at Yuk 55 thew menus are from their Japanese restaurant downstairs New songs are frequently added English, Korean, Chinese Japanese and Ph lipine songs a e avn lable. Drinks and room charges are half pr ce dur ng Happy Hour (5pm-7pm) The Two Hour Party Set ($35-) nclides appetizer sush and unlim ted dr nks. Open 7 days till 3 30am They offer k araoke bar and pr vate rooms accommodate up to 20 people
253 W 55th St (bet. Broadway & 8th Ave.) $8/h per person
212 765 1210

Midtown East **Bnx Snack Kihi**
141 E 45th St 2 Fl (bet 3rd & Lexington Ave.) $10/h $30 min
212 986-5612

Midtown East **Jepas 38**
9 E 38th St (bet Madison & 5th Ave.) 8/h /person
212-679-4040

Midtown East **Karanhe Duet 48***
304 E 48th St. (bet. 1st & 2nd Ave.) $4/h /person
212-753-0030

Korea Town **5 Bor Karaohn**
36 W 32nd St. 5F (bet 5th Ave & Broadway) $30 /room
212-564-6644

Korea Town **Chnrus Karanhe**
25 W 32nd St 3Fl (bet 5th Ave & Broadway) $2/song $40/room
212 967 2244

Midtown East **Big Apple Karaoke***

D vide and conquer! Spl t the fixed party room price with your friends as low as $10/room 11 rooms accommodate groups of 2 to 15 people and even enty yourself (Sele-Oke package $8/h one drink included) Equipped w th iPad remotes those speakers and 100 000 songs in 15 languages Open 7 days a week, Mon/Wed 5pm to 2am Thu and Sun 2pm to 2am Fri and Sat 2pm to 4am Check out our unbeatable rates
305 E 53rd St (bet 1st & 2nd) 2nd Fl $10-/h per room
212-486-0055 www.bigapplekaraoke.net

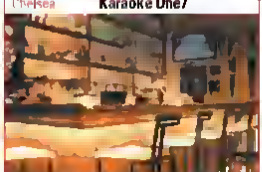
Korea Town **Gagnpa Karaoke**
25 W 32nd St. (bet 5th Ave & Broadway) $30-/room
212-967 5353

Korea Town **Grammy Karaohe**
23 W 32nd St (bet 5th Ave & Broadway) $40 /room
212-629-7171

Korea Town **Karanhe Dnet 35***
53 W 35th St. 2 Fl (bet 5th & 6th Ave.) $4/h /person
646-473-0628

Korea Town **MK**
11 W 32nd St. 5 Fl (bet 5th Ave & Broadway) $40/h /room
212-564-3406

Korea Town **Kadio Star Karaoke**
3 W 35th St (bet 5th & 6th Ave.) $40 /room
212-564 2520

Chelsea **Karaoke Dne7**

They offer the city's largest song select on n 16 different languages and new songs are added monthly Sing at the bar for $2 per song er s ng n a private room for $8/h (Sun Wed $7/h) per person Drinks and room charges are half pr ce dur ng Happy Hour (2pm-7pm) Large party rooms available Call for reservat on Open 7 days from 2pm to 4am (except Mon from 5pm) *May close early on weekdays w/o notice
25 W 17th St. (bet. 5th & 6th Ave.) $2/song
212-675-3527 www.karaoke17.com

Gramercy **Japas 27***

Sing your heart away a Japas 27 ! They offer karaoke rooms at no charge ($10 minimum per person Sunday through Thursday only) The r kitchen s open until 3am everyday with a selection of over 50 food tems Unlim ted Drink Plan is only $14 95 per person for 2 hours; with food it s only $15 95 per person for 2 hours Private rooms are also available Please inquire w th us
366 3rd Ave (bet. 25th & 27th St.) $10/ person
212-685 2323 www.japas27.com

Gramercy **Music Story**
34 32nd St. 5 Fl (bet Park Ave S & Mad son Ave.) $40 /room
212-594-4244

West Village **Apple Kestaurant**
17 Waverly Pl (bet Greene & Mercer St.) $10/cover /room
212-473-8838

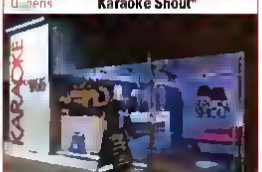
West Village **NEMO**
54 East 13th St (bet. Bway & Un v Pl.) $6/h /person
212-477 1177

East Village **Sing Sing (Ave A)***
SING-SING KARAOKE AVENUE A
Among the newest and trendiest restaurants on Avenue A S ng S ng offers a bar lounge and 15 private rooms for karaoke It is a perfect place for e get together with friends after dinner Large party rooms are ava lable for up to 30 people OPEN 7 DAYS
81 Ave A (bet 4th & 6th St.) $7/h per person
212-674-0700 www.karaokesings ng.com

East Village **Sing Sing (St. Marks)***
SING-SING KARAOKE ST. MARKS
Conveniently located en St. Marks Street in the heart of the East V llage S ng Sing s a Karaoke lounge with 15 Private Rooms This brand new lounge is a great spot for young adults who love to sing OPEN 7 DAYS 1:00PM-4:00AM Party@karaokes ngsing.com
St. Marks Pl 2Fl (bet 2nd & 3rd Ave.) $7/h per person
212-887 7800 www.ka rokesings ng.com

East Village **U2 Karaohe Lounge**
6 St. Marks Pl (bet. 2nd & 3 d Ave.) $6/h
212 228-6250

Lower Man **Mott Karaohe Lonnge**
43 Mott St (bet. Worth & Bayard St.) min $30 /room
212-608-0004

Queens **Karaoke Shout***

129 000 songs in 10 different languages ava lable 20,000 English songs and songs in Hind and Thai that are rarely available in the U S Your party w ll be much more exciting in the high-tech karaoke rooms! 11 private rooms are equ pped with LED l ghtings that change colors with each song Enter songs us ng a w n touch system on the in-set screens and pads Chopsticks NY readers receive 10% discount with the ad Open 7 days!
32-40 Steinway St. Astor a, NY 11103 $3-7/h person
718-569-0080 www.karaokeshout.com

Hawaiian Nights

September 26th
7pm-9:30pm
$40 (Tax & tip included)

The event features:
- Original Hawaiian cuisine
- Hula dance and ukulele shaw
- Hawaiian shachu cacktail

Harvest Moon Dango Nights

October 1st
7pm-9:30pm
$40 (Tax & tip included)

The event features:
- Variety of egg dishes
- Sales demonstration of dango (rice dumpling)
- Shochu "Tombo", organic sake "Momokawa", original amazake with brown rice & sake koji

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Let's Eat the Season ~Eggplant~

Just like other summer vegetables, the water content of eggplant is really high, about 90-95%, but its nutrition is well-balanced containing Calcium, Kalium, Iron, Vitamins B1 and C as well as an abundance of fiber. The skin has anthocyanin, an antioxidant that is an anti-aging agent. Japanese people love to eat eggplant pickled, grilled, fried, sautéed, and simmered. This time, Misako sensei introduces fried eggplant dish, Eggplant with Shrimp and Pork Pate. The variety of eggplant commonly used in Japan is smaller with thinner skin and its flavor is more delicate. Misako sensei substitutes Holland and baby Italian varieties for Japanese eggplant for this dish. The umami from shrimp and ground pork goes exquisitely well with the nutty and slightly bitter eggplant. The slow cook technique effectively gives the eggplant a creamy texture that melts in your mouth.

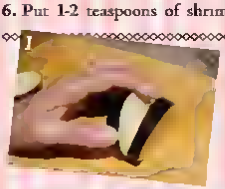
Eggplant with Shrimp and Pork Pate

[INGREDIENTS] (4 servings)

- ❒ 2 eggplants *Choose small ones with thin skin such as Holland, Japanese or baby Italian eggplant)
- ❒ 1/2 lb shrimp peeled and deveined.
- ❒ 1/4 lb ground pork (or ground chicken)
- ❒ 1 tbsp sake ❒ 1/2 tsp salt
- ❒ 1/2 tsp sugar
- ❒ 1/2 tsp white pepper (or black pepper) ❒ 1 tsp soy sauce
- ❒ 1 tsp sesame oil
- ❒ 1-2 tbsp katakuriko (potato starch) ❒ 1 tbsp grated ginger
- ❒ 3 tbsp finely chopped scallions
- ❒ Some katakuriko to dust the surface of the eggplant
- ❒ 3-4 tbsp sesame oil for grilling
- ❒ Some ponzu for dipping

[DIRECTIONS]

1. Cut eggplants into 1/4 inch disks and soak them in salted water for 15 minutes.
2. Drain eggplant well with paper or cloth towel
3. Chop shrimp into small pieces and keep pounding them with knife until pasty.
4. Mix shrimp paste with ground pork, sake, salt, sugar, soy sauce, sesame oil, white pepper, katakuriko, grated ginger and scallions. Beat well with hand until smooth and sticky
5. Dust both sides of eggplant disks with katakuriko
6. Put 1-2 teaspoons of shrimp and pork mixture on one side of the eggplant disk and cover with another eggplant disk to make a sandwich.
7. Heat the frying pan and coat with enough sesame oil. Place the eggplant sandwich in pan and fry over medium heat with lid on for about 5 minutes until golden brown.
8. Flip and fry the other side with lid on for another 5 minutes.
9. Drain them on paper towel to get rid of excess oil.
10. Serve them with ponzu. Add lemon wedge (optional).



TIPS Eggplants are particularly sweet and delicious this time of the year. Usually smaller ones have less seeds and are therefore less bitter.

MISAKO SASSA
Japanese cooking instructor/food consultant
Misako teaches authentic Japanese cooking, focusing on simple, delicious and healthy home-style cooking using seasonal and local ingredients.
Website: Japaneseculinarycreationsnyc.com
Cooking video: myltyage.com

Long Standing Cantonese Restaurant Keeps Growing

GOLDEN UNICORN / YOGURT CITY

There is no other more fulfilling dining experience than dim sum at the Golden Unicorn. It has attracted neighbors and tourists by serving authentic Cantonese cuisine for over 20 years in the heart of Chinatown. Offered daily, its dim sum allows you to enjoy a variety of small dishes in a vibrant atmosphere. Piping hot steamed shrimp dumplings, scrumptious spring rolls, and irresistible sweets are just a few examples of the hundred different choices of freshly made dim sum dishes.

But dim sum is not the only thing they offer. The Golden Unicorn pioneered the neighborhood's first upscale Cantonese-style dining restaurant in 1989, and with its trademark elegant yet traditional red-and-gold decor, attentive service, and delectable cuisine, the restaurant has become an established choice for casual family dining, weddings, and corporate events alike. In early July, on the first floor below the current restaurant, opened Yogurt City, a frozen yogurt parlor. With 12 flavors and over 40 toppings, the possible combinations are literally countless, and at 49 cents per ounce, the price is exceptionally reasonable.

Golden Unicorn is the one stop restaurant that will satisfy your every craving. In addition, Chopsticks NY readers will receive 10% discount for dim sum.

Popular dim sum plates: *Steamed Green Leek Dumpling, Steamed Crystal Shrimp Dumpling,* and *Crispy Spring Roll*. Offering up to one hundred choices, Golden Unicorn's dim sum never lets you leave without feeling full and satisfied.

Create your own original combination by choosing from 12 flavors of non fat frozen yogurt and over 40 toppings.

The newest member of the Golden Unicorn family, Yogurt City instantly attracts people in search of a cold, satisfying dessert in the neighborhood.

Golden Unicorn
18 East Broadway (Catherine & Market Sts.), New York, NY 10002
TEL: 212-941-0911 / www.goldenunicornrestaurant.com / Mon-Sun: 10 am-10:30 pm

Yogurt City
www.yogurtcity.com / Mon-Sun: 10 am-9 pm

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CHINESE

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212-787-3333

Upper West — Ollins
1951 Broadway (bet. 67th & 68th St.) $15
212-595-8181

Upper West — Ollin's
2957 Broadway (at 116th St.) $15
212-932-3300

Upper West — Shnn Len West
43 W. 65th St. (Central Park W. & Columbus) $35
212-595-8535

Upper East — Cafe Evergrenn
1307 1st Ave. (bet. 73rd & 74th St.) $30
212-744-3266

Upper East — Chinatown East
1650 3rd Ave. (bet. 92nd & 93rd St.) $18
212-987-3500

Upper East — Lihs Noodln & Grill
1500 3rd Ave. (bet. 84th & 85th St.) $25
212-639-1313

Upper East — Onr Plnen
242 E. 79th St. (bet. 2nd & 3rd Ave.) $25
212-264-4488

Upper East — Philppe
33 E. 60th St. (bet. Park & Madison Ave.) $45
212-644-6885

Upper East — Pig Hnavnn
1540 2nd Ave. (bet. 80th & 81st St.) $15
212-744-4333

Upper East — Shanghai Pavilion
1378 3rd Ave. (bet. 78th & 79th St.) $37
212-585-3388

Upper East — Szechnan Gonrmet
1395 2nd Ave. (at 73rd St.) $25
212-737-1838

Midtown West — Chinn Grill
80 W. 53rd St. (bet. 5th & 6th Ave.) $66
212-333-7788

Midtown West — Jnns Shnghni*
24 W. 56th St. (bet. 5th & 6th Ave.) $28
212-333-3868

Midtown West — Ollins
411 W. 42nd St. (at 9th Ave.) $15
212-921-5988

Midtown West — Rnhy Fons Timns Sq.
1626 Broadway (bet. 48th & 50th St.) $30
212-489-5600

Midtown West — Tnng Pavilion
65 W. 56th St. (bet. 5th & 6th Ave.) $25
212-956-6888

Midtown West — Wu Liang Ya
36 W. 44th St. (bet. 5th & 6th Ave.) $35
212-398-2308

Midtown East — Chin Chin
216 E. 49th St. (bet. 2nd & 3rd Ave.) $30
212-888-4555

Midtown East — Dynasty Snng
511 Lexington Ave. 2 Fl. (at 48th St.) $35
212-355-1200

Midtown East — Evergrenn on 38
10 E. 38th St. (bet. Madison & 5th Ave.) $25
212-448-1188

Midtown East — Grand Sichuan
1049 2nd Ave. (bet. 55th & 56th St.) $20
212-355-5055

Midtown East — Lychee Honsn
141 E. 55th St. (bet. 3rd & Lexington Ave.) $20
212-753-3300

Midtown East — Mao Nondle Shop
522 2nd Ave. (at 45th St.) $15
212-953-0027

Midtown East — MR Ks*
570 Lexington Ave. (at 51st St.) $50
212-583-1988

Midtown — Pnkng Dnck House*

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Midtown East — Phnonix Gardnn
242 E. 40th St. (bet. 2nd & 3rd Ave.) $20
212-983-6688

Midtown East — Shih Lee
311 E. 45th St. (bet. 1st & 2nd Ave.) $10
212-867-0318

Midtown East — Shnn Len Pnlncn
155 E. 55th St. (bet. 3rd & Lexington Ave.) $35
212-371-8844

Chelsea — Grand Sichunn
229 9th Ave. (at 24th St.) $20
212-620-5200

Chelsea — Rickshnw Dnmpling
61 W. 23rd St. (bet. 5th & 6th Ave.) $15
212-924-8220

Greenwich Village — Grand Sichunn
227 Lexington Ave. (bet. 33rd & 34th St.) $25
212-679-5770

Greenwich Village — Thn Cottagn*
33 Irving Plnce (at 16th St.) $12
212-505-8600

West Village — Chinatown Brnsserin
380 Lafayette St. (at Great Jones St.) $30
212-533-7000

West Village — Empire Szechuan
173 7th Ave. S. (at Perry St.) $15
212-243-6046

West Village — Shnghni Squarn
11 E. 13th St. (bet. Un vers ty Pl. & 5th Ave.) $20
646-486-7313

East Village — BaoHans
238 E. 14th St. (bet. 2nd & 3rd Ave.) $14
646-863-8988

East Village — Dnmpling Mnn*
100 St. Marks Pl. (bet. 1st Ave. & Ave. A) $11
212-505-2121

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106 Bayard St. (corner of Baxter St.)
212-349-3132
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165 W. 23rd St. (bet. 6th & 7th Ave.)
212-645-8808
Theater District
244 W. 48th St
(bet. 8th Ave. & Broadway)
212-582-3392

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email reader@chopsticksny.com

ABC Chinese Restaurant $25
34 Pell St (bet Bowery & Mott St.)
212-346-9350

Amazing 66 $25
66 Mott St. (bet Bayard & Canal St.)
212 334-0069

Au Mandarin $30
200-250 Vesey St. (at West St.)
212 385-0313

Big Wong $13
67 Mott St. (bet Bayard & Canal St.)
212-964-0540

Congee Village $16
100 Allen St. (bet Broome & Delancy St.)
212-941-1818

Dim Sum Go Go $15
5 E. Broadway (bet Catherine St. & Bowery)
212 732-0797

Excellent Dumpling $10
111 Lafayette St. (bet Walker & Canal St.)
212-219-0212

Jing Fong $20
20 Elizabeth St. (bet Bayard & Canal St.)
212 964-5256

Joe's Ginger $20
25 Pell St. (at Doyers St.)
212 285-0333

Joe's Shanghai $20
9 Pell St. (bet. Bowery & Mott St.)
212 233-8888

Lin's Dumpling House $10
29 Bowery (at Bayard St.)
212-349-0929

Mandarin Court $15
61 Mott St. (bet Bayard & Canal St.)
212-608-3838

New Bo-Ky $10
40 Bayard St. (bet Mott & Mulberry St.)
212 406-2252

Nice Green Bo $15
66 Bayard St. (bet Elizabeth & Mott St.)
212-625-2359

Oriental Garden $35
14 Elizabeth St. (bet Bayard & Canal St.)
212 619-0085

Peaceful Mott $26
22 Mott St. (bet Chatham Sq. & Pell St.)
212-602-9668

Shanghai Cuisine* $25
89 Bayard St. (at Mulberry St.)
212 732-2866

East Manor $25
46-45 Kissena Blvd Flushing NY 11355
718-886-0568

Himalayan Yak Restaurant* $15
7220 Roosevelt Ave Jackson Heights NY 11372
718-779-1119

KOREAN

Benn $30
350 W 50th St. (bet 8th & 9th Ave.)
212-582-4446

Chom Chom $40
40 W 56th St. (bet. 5th & 6th Ave.)
212-213-2239

Danji $44
346 W 52nd St. (bet 8th & 9th Ave.)
212 586-2880

Korea Palace $30
127 E. 54th St. (bet Park & Lexington Ave.)
212-832-2350

Cho Dang Gol $30
56 W 35th St (bet 5th & 6th Ave.)
212-695-8222

Don's Bogam* $40
17 E. 32nd St (bet Madison & 5th Ave.)
212-683-9200

Franchia Vegee Cafe $25
12 Park Ave (bet. 34th & 35th St.)
212-213-1001

HAN BAT* $15
53 W. 35th St (bet. 5th & 6th Ave.)
212-629-5588

HANGAWI* $40
12 E. 32nd St. (bet. 5th & Madison Ave.)
212-213-0077

Hyo Dong Geh* $20
51 W 35th St (bet. 5th and 6th Ave.)
212-695-7167

Kang Suh $30
1250 Broadway (at 32nd St.)
212-564-6845

Komtang House* $15
32 W 32nd St (bet. 5th Ave. & Broadway)
212-947-8462

Kum Gang San* $20
49 W 32nd St. (at Broadway)
212-967-0909

Kenjo Restaurant $15
9 W 32nd St (bet. 5th Ave. & Broadway)
212-216-3487

Madangsui* $30
35 W 35th St (bet. 5th& 6th St.)
212-564-4333

Seoul Garden $20
34 W 32nd St (bet. 5th Ave. & Broadway)
212 736-9002

Shilla $25
37 W 32nd St. (bet. 5th Ave. & Broadway)
212-967-1690

Do Hwe $27
55 Carmine St. (at Bedford St.)
212-414-1224

Bon Chon $20
9 St. Marks Pl (bet. 2nd & 3rd Ave.)
212-228-2687

Dok Suni's $20
119 1st Ave. (bet. 7th St. & St. Marks Pl.)
212-477-9508

Kori $20
253 Church St. (bet. Leonard & Franklin St.)
212-334-0808

Dokebi* $25
138 Grand St. (bet. Driggs & Bedford Ave.)
718-782-1424

KOREANA* $25
136-20 38th Ave. Flushing, NY 11354
718-713-0252

Kalbi House $25
291 Central Ave White Plains NY 10606
914-328-0251

Gammeeoh * $0
485 Main Street Fort Lee, NJ 07024
201-242-1333

Gammeeoh $0
110 Excell Ave. Palisades Park, NJ 07650
201-945-0300

Pinehill Restaurant $20
123 Franklin Rd Paramus, NJ 07652
201-843-0170

THAI

Long Grain $22
2534 Broadway (at 95th St.)
212-866-0868

Eat Thai $15
1429 3rd Ave. (bet. 80th & 81st St.)
212-772-1484

Spice $20
1479 1st Ave. (at 77th St.)
212 744-6374

Spice $20
1411 2nd Ave. (bet. 73rd & 74th St.)
212-288-5348

Vong Ping $22
1338A 2nd Ave. (bet. 72nd & 73rd St.)
212-249-8484

Aceluck Thai $15
530 9th Ave. (bet. 39th & 40th St.)
212-594-7093

Aora Thai $14
462 9th Ave. (bet. 35th & 36th St.)
212-971-9530

Bangkok House $18
360 W. 46th St. (bet. 8th & 9th Ave.)
212-541-5943

Braeze $25
681 9th Ave. (bet. 45th & 46th St.)
212 262 7777

Chai Home Kitchen $30
330 9th Ave. (at 55th St.)
212-707-8778

Chanpen Thai $20
761 9th Ave. (at 51st St.)
212-586-6409

Hoag 2 Thai Bistro $15
752 10th Ave. (bet. 51st & 52nd St.)
212-765-2900

Pam Real Thai 47 $20
402 W. 47th St. (bet. 9th & 10th Ave.)
212-315-4441

Pam Real Thai 49 $20
404 W. 49th St. (bet. 9th & 10th Ave.)
212-939-7500

Pongsri Thai* $25
244 W. 44th St. (bet. Broadway & 8th Ave.)
212-582-3392

O2 Thai $15
765 9th Ave. (bet. 52nd & 53rd St.)
212-265-2236

Room Service Midtown $25
640 9th Ave. (bet. 47th & 48th St.)
212-582-0699

Thai Polnta $15
534 9th Ave. (bet. 39th & 40th St.)
212-279-9699

Thai Select $12
472 9th Ave. (bet. 36th & 37th St.)
212-695-9520

Topaz Thai $15
127 W. 56th St. (bet. 6th & 7th Ave.)
212-957-4020

viv Bar & Restaurant $20
717 9th Ave. (at 48th St.)
212-581-5599

Yem Yem 3* $15
859 9th Ave. (at 56th St.)
212-956-0838

Yum Yum Boogkok* $15
550 9th Ave. (bet. 45th & 46th St.)
212-262-7244

Yem Yem Too* $20
662 9th Ave. (at 46th St.)
212-247-2228

OBAO $25
222 E. 53rd St. (bet. 2nd & 3rd Ave.)
212-909-5588

Rein Thai Restaurant* $18
220 53rd St. (bet. 2nd & 3rd Ave.)
212-752-3333

Toleat Thai Kitchen $11
210 E. 34th St. (bet. 2nd & 3rd Ave.)
212 725-8988

Pad Thai $20
114 5th Ave (bet. 15th & 16th St.)
212-691-6226

Poegsri Chelsea $20
165 W. 23rd St. (bet. 6th & 7th Ave.)
212-645-6908

Regional Thai* $15
209 7th Ave. (bet. 21st & 22nd St.)
212-807-9672

Room Service $25
166 8th Ave. (bet. 16th & 17th St.)
212-691-0299

Royal Siam $25
240 6th Ave. (bet. 22nd & 23rd St.)
212 741-1732

Silom Thai $25
150 6th Ave. (bet. 17th & 18th St.)
212-675-0000

Spice $20
199 9th Ave. (at 20th St.)
212-989-1116

Thai Choi-Yo $11
233 9th Ave. (bet. 24th & 25th St.)
212-488-2170

Bangkok 2 Thai* $14
349 1st Ave. (bet. 20th & 21st St.)
212-473-4460

Jenye Thai $25
396 3rd Ave. (bet. 28th & 29th St.)
212-686-1330

Lemongrass Grill $18
138 E. 34th St. (bet. 3rd & Lexington Ave.)
212 213-3317

Rhong Tiem $20
31 E 21st St. (bet. 6th Ave. & Broadway)
212-420-7500

Toon Thai Cuisine $15
17 E. 31st St. (bet. Madison & 5th Ave.)
212-213-3773

Toon Thai Cafe* $25
435 Park Ave S. (bet. 29th & 30th St.)
212-544-8589

Gelenge $15
143 W. 4th St. (bet. 6th Ave.)
212-228-4267

SEA $15
105 Washington St (at W. 12th St.)
212-243-3339

Tee Thai Food* $20
3 Greenwich Ave (9th Ave & Christopher St.)
212-620-8188

East Village **Rati Thai Cuisine** $11
347 E. 14th St. (bet 1st & 2nd Ave.)
212-533-2046

East Village **Klong** $15
7 St. Marks Pl. (bet. 2nd & 3rd Ave.)
212-505-9955

East Village **Spica** $20
38 E. 13th St. (bet. Broadway & Un on sq.)
212-382-3758

East Village **Spice** $20
104 2nd Ave. (at 6th St.)
212-533-9500

East Village **Tai Thai** $12
78 E. 1st St. (bet. 1st Ave. & Ave. A)
212-777-2552

Lower Mhn **Hi Thai** $14
123 Ludlow St. (bet. Delancy & Livington St.)
212-477-7624

Lower Mhn **Ruma Inn** $25
113 Ludlow St. 2Fl (Delancey & Riv ngton St.)
212-353-8840

Lower Mhn **Pongsri Chinatown** $20
106 Bayard St. (at Baxter St.)
212-849-3132

Lower Mhn **Sticky Rice** $15
65 Orchard St. (bet. Grand & Broome St.)
212-274-8208

Soh **Kitchai** $38
60 Thompson St. (bet. Broome & Spring St.)
212-219-2000

Soho **Paap** $20
177 Prince St. (bet. Thompson & Sullivan St.)
212-254-7337

Brooklyn **Chai Home Kitchen*** $16
124 N. 9th St. (at Berry St.)
718-599-5889

Brooklyn **Lily Thai** $15
615 Grand St. (bet. Leonard & Lorimer St.)
718-218-7522

Brooklyn **Pagode Thailand** $38
333 Graham Ave. (Devoe & Metropolitan Ave.)
718-388-8445

Brooklyn **SEA** $20
114 N. 9th St. (at Berry St.)
718-384-8150

Brooklyn **Tai Thai** $30
209 Bedford Ave. (bet. N. 6th & N. 7th St.)
718-599-5558

Long Island **Phao Restaurant** $35
25 Main St. Sag Harbor NY 11963
631-725-0101

VIETNAMESE

Upper We **Saigon Grill*** $25
620 Amsterdam Ave. (at 90th St.)
212-875-0072

Upper East **Asia Grill** $20
1817 2nd Ave. (at 54th St.)
212-753-8418

Upper East **Vermicelli** $20
1422 2nd Ave. (bet. 77th & 78th St.)
212-288-8668

Midtown East **Le Colonel** $35
149 E. 57th St. (bet. 3rd & Lexington Ave.)
212-752-0808

Korea own **PHO32 & SHABU*** $20
2 W. 32nd St. (bet. 5th Ave. & Broadway)
212-695-0f68

Gramercy **Bao Noodles** $22
3rd 2nd Ave. (bet. 22nd & 23rd St.)
212-725-7770

West Vill **Saigon Market** $25
93 Univers ty Pl. (bet. 11th & 12th St.)
212-982-3891

Low Mhn **Nha Trang** $15
87 Baxter St. (bet. Bayard & Canal St.)
212-233-5348

Lower Mh **Pho To Do** $12
102 Bowery St. (bet. Hester & Grand St.)
212-966-2566

Tribeca **Viet Cafe** $25
345 Greenw ch St. (bet. Jay and Harrison St.)
212-431-5588

Brooklyn **Nicky's Viet** $9
311 Atlantic Ave. (bet. Hoyt & Smith St.)
718-855-8936

OTHER

West **Asia Kan** $25
710 Amsterdam Ave. (bet. 94th & 95th St.)
212-280-8078

Upper Wes **Astate** $135
60 Columbus Cir. 35 Fl. (at 60th St.)
212-805-8800

Upper Eas **B8 Fusion** $20
1639 2nd Ave. (at 85th St.)
212-289-4836

Upper East **Amber*** $25
1406 3rd Ave. (at 80th St.)
212-249-5020

Upper East **Goho** $31
1425 3rd Ave. (at 81st St.)
212-288-4898

Midtown West **Blue Ribbon Sushi Bar & Grill** $61
308 W. 58th St. (bet. 8th & 9th Ave.)
212-397-0404

Midtown W **Rue 57** $45
60 W. 57th St. (at 6th Ave.)
212-307-5656

Midtown East **VYNL** $25
754 9th Ave. (bet. 50th & 51th St.)
212-974-2003

Midtown W **Zen Palate** $25
663 6th Ave. (at 40th St.)
212-582-1660

Midtown East **1066 Eno Restaurant** $25
1066 1st Ave. (at 58th St.)
212-888-8808

Midtown East **Fusha Asian Cuisine** $35
1065 1st Ave. (at 56th St.)
212-752-8893

Midtown East **Hiroshi Japanese Fusion** $18
595 3rd Ave. (bet. 38th & 39th St.)
212-661-9288

Midtown East **Jezz at Kitano** $35
The Kitano Hotel 66 Park Ave. (at 38th St.)
212-885-7123

Chelsea **Rica on Lexington Ava** $20
115 Lexington Ave. (at 28th St.)
212-686-5400

Gramercy **Oi Asian Eatery** $18
31 W. 14th St. (bet. 5th & 6th Ave.)
212-929-3317

West Village **Betel** $30
51 Grove St. (bet. Bleeker St. & 7th Ave. S.)
212-352-0480

West Village **Cafe Asean** $22
117 W. 10th St. (bet. 6th & Greenwich Ave.)
212-633-0348

West Village **Goho** $25
401 6th Ave. (bet. 8th St. & Waverly Pl.)
212-255-3242

East Village **Friend House** $22
106 3rd Ave. (at. 13th St.)
212-388-1838

East Village **Lucky Chang's** $30
24 1st Ave. (bet. 1st & 2nd St.)
212-473-0516

East Village **Prime & Beyond New York** $35
90 E. 10th St. (bet. 3rd & 4th Ave.)
212-505-0033

East Village **Stand4** $20
24 E. 12th St. (bet. Univ Pl. & 5th Ave.)
212-498-5900

Lower Mh **Rica*** $15
282 Bleecker St. (Houston & Bleecker St.)
212-229-5775

Lower Mh **Yushi** $12
250 Vesey St. 4 World Financial Center
212-945-3090

Brooklyn **Blue Ribbon Brooklyn** $55
280 5th Ave. (bet. 1st St. & Garfield Pl.)
718-840-0404

Brooklyn **Purple Yam** $30
314 Cortelyou Road (bet. Argyle & Rugby Rds.)
718-940-8108

Brooklyn **Rice** $20
81 Washington St. (bet. York & Front St.)
718-222-3690

Long Island **TORU** $55
2014C Northern Blvd. Manhasset, NY 11030
516-627-9658

New Jersey **AOZORA Restaurant** $30
407 Bloomfield Ave. Montclair NJ 07042
973-233-9400

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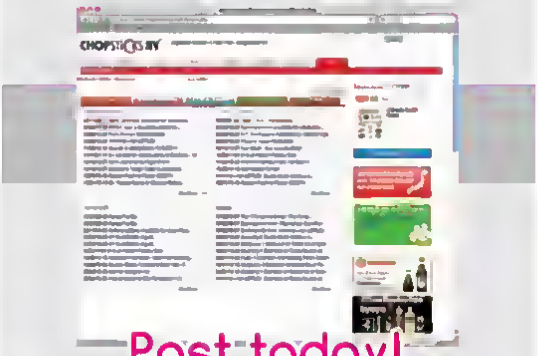

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Grocery & Sake Guide

The following is a list of stores where you can buy Japanese food and liquor

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★ Chopst cks NY available to p ck up

GROCERY

M2M B'way & 114th — Japanese
2 05 Broadway (bet 114th & 115th St) 212-280-4600

Donobu* — Japanese
125 E 47th St (bet 3rd & Lexington Ave) 212-755-7380

Katagiri & Co.,Inc* — Japanese
224 E 59th St (bet 2nd & 3rd Ave) 212-755-3565

Sonrise Mart Midtown* — Japanese
12 East 41st St (bet 5th Ave & Madison Ave) 646-380-8280

TOMIYA* — Japanese
235 E 53rd St (bet 2nd & 3rd Ave) 212-516-7311

Yagura — Japanese
24 E 41st St (bet Madison & 5th Ave) 212-679-3777

H Mart Han Ah Reum — Korean
25 W 32nd St (bet 5th Ave & Broadway) 212-695-3263

Woorip — Korean
12 W 32nd St (bet. 5th Ave & Broadway) 212 244 1115

Japan Premium Beef — Other
57 Great Jones St (bet Bowery & Lafayette) 212-260-2333

M2M E Village* — Japanese
55 3rd Ave (bet 10th & 11th St.) 212 353-2655

Sonrise Mart Astor Pl.* — Japanese
4 Stuyvesant St. 2 Fl (bet 9th St & 3rd Ave) 212-598-9040

Tokyo Mart* — Japanese
81 Mulberry St (bet Bayard & Canal St) 212-962-6622

Pearl River Mart* — Chinese
477 Broadway 2nd Fl (bet. Grand & Broome St) 212 431-0002

Sonrise Mart SoHo* — Japanese
494 Broome St (Wooster St & W Broadway) 212-219-0033

Midoriya* — Japanese
167 Nnth St Brooklyn NY 11211 718-599-4690

Family Market* — Japanese
29-15 Broadway Astor a NY 11106 718-358-7925

H & Y Marketplace — Korean
150-51 Northern Blvd Flushing NY 11354 718-461-1511

H Mart Northern 156 — Korean
156-40 Northern Blvd Flushing NY 11354 718-886-0005

H Mart Northern Blvd. — Korean
141-40 Northern Blvd Flush ng NY 11354 718-358-0700

H Mart Union — Korean
29-02 Union St Flushing NY 11354 718-445-5056

H Mart Willston Park* — Korean
400 Hills de Ave W liston Park NY 11596 516-686-0270

H Mart Woodside — Korean
58-18 Woodside Ave Flush ng NY 11377 718-446-0759

Sakura-ya — Japanese
73-05 Austin St Forest Hills NY 11375 718 268-7220

H Mart Great Neck* — Korean
435 Great Neck Rd Great Neck NY 11021 516-482-8113

Nara Japanese Foods* — Japanese
169A Main St Port Washington NY 11050 516-883-1838

Shin Nippon Do* — Japanese
83 Mineola Ave. Roslyn Heights NY 11577 516-625-1514

DAIDO — Japanese
522 Mamaroneck Ave White Plains, NY 10605 914-683-6735

Fuji Mart Scarsdale* — Japanese
516 Wh te Plains Rd Scarsdale NY 10583 914-472-1468

H & Y Marketplace — Korean
47 Plainview Rd Hicksville NY 11801 516-935-4041

H Mart Hartsdale* — Korean
371 North Central Ave Hartsdale NY 10530 914-448-8898

Kom Sen Foods* — Korean
22 Barker Ave White Plains NY 10601 914-428-4500

NIJIYA Market* — Japanese
16 N Central Ave Hartsdale NY 10530 914-946-2178

Oishinbo* — Japanese
283 Halstead Ave Harrison NY 10528 914-835-4380

Asian Market* — Chinese
91 Colvin Ave Albany NY 12203 518-458-8166

H & Y Marketplace — Korean
1 Ramsen Pl Ridgefield NJ 07657 201-943-7400

H & Y Marketplace — Korean
433 S Washington Ave Bergenfield NJ 07621 201-384-8298

H Mart Cherry Hill — Korean
1720 Marlton Pike E Cherry Hill NJ 08003 856-489-4611

H Mart Englewood — Korean
25 Lafayette Ave Englewood NJ 07631 201-871-8822

H Mart Little Ferry — Korean
280 Bergen Tpke Little Ferry NJ 07643 201-814-0400

H Mart Ridgefield — Korean
321 Broad Ave Ridgefield NJ 07657 201-943-9600

J MART — Japanese
44 Chestnut St Ridgewood, NJ 07450 201-857-5738

Mitsuwa Marketplace* — Japanese
595 River Rd Edgewater NJ 07020 201-941-9113

Ridgewood Fisheries — Japanese
30 Prospect St Ridgewood, NJ 07450 201-670-0992

Fuji Mart Connecticut* — Japanese
1212 Putnam Ave Old Greenwich, CT 06870 203-698-2107

Million Asian Market — Other
15 Orange St New Haven CT 06510 203 782 1234

Maido* — Japanese
36 N. Narberth Ave Narberth PA 19072 610 747-0557

Tokyo Japanese Store — Japanese
5855 Ellsworth Ave Pittsburgh, PA 15232 412-661-8777

SAKE

Gotham Wines & Liquors* — Sake/Shochu
2517 Broadway (bet 93rd & 94th St) 212-932-0490

Nancy Wine's — Sake/Shochu
313 Columbus Ave (bet 74th & 75th St.) 212-877-4040

Garnet Wine & Liquors* — Sake/Shochu
325 Lexington Ave (at 68th St) 212 772 8211

Mister Wright* — Sake/Shochu
1563 3rd Ave (bet. 89th & 90th St.) 212-722-4564

Ambassador Wine & Spirits* — Sake/Shochu
1020 2nd Ave (at 54th St) 212-421-5078

Beekman Liqeors — Sake
500 Lexington Ave (bet 47 & 48th St) 212 758-5857

Landmark Wine* — Sake/Shochu
167 W 23rd St (bet 6th & 7th Ave) 212 242 2323

MJK liqeor — Sake/Shochu
161 3rd Ave (bet 15th and 16th St.) 212-475-8188

Union Square Wine & Spirits* — Sake/Shochu
140 4th Ave (at 13th St) 212-675-9100

LE DU WINES — Sake
900 Washington St (at Leroy St.) 212-924-6599

Astor Wines & Spirits — Sake/Shochu
399 Lafayette St (at 4th St.) 212-674-7500

SAKAYA* — Sake/Shochu
324 E 9th St (bet 1st and 2nd Ave) 212-505-7253

Warehouse Wines — Sake/Shochu
735 Broadway (bet Waverly St & Astor Pl) 212-982-7770

East Village Wine — Sake
183 Stanton St (bet Attorney & Clinton St) 212-358-7700

New York Wine Exchange — Sake/Shochu
9 Broadway (bet. Battery Pl & Morris St) 212-422-2222

September Wines & Spirits — Sake
100 Stanton St (at Ludlow St) 212-979-0770

Grenyette Wine* — Sake/Shochu
151 Grand St (bet Crosby & Lafayette St) 212-925-1236

Smith and Vine — Sake
268 Smith St (bet. Sackett & Degraw St.) 718 243 2164

Allendale Wine & Liqeors — Sake/Shochu
101 W Allendale Ave Allendale NJ 07401 201-327-7885

Delite Super Market — Sake/Shochu
420 Washington St Hoboken NJ 07030 201-420-7600

JAPANESE WHOLESALER

Paleewong Trading — Sake
526 10th Ave (bet 45th & 46th St.) 212-245-4490

Central Boeki U.S.A., Ltd — Food
35-30 46th St Maspeth NY 11378 718 729-8566

Deiei Trading Co., Inc.* — Food/Sake
14-50 120th St College Point, NY 11356 718-539-8100

JFC International Inc.* — Food/Sake
55 Wilcat Way Linden NJ 07036 908-525-4400

New York Mutual Trading Inc.* — Food/Sake
25 Knickerbocker Rd Moonachie NJ 07074 201-933-9555

Nishimoto Trading Co., Ltd.* — Food/Sake
602 Washington Ave Carlstadt, NJ 07072 201-804-1600

Wine of Japan Import, Inc — Sake
235 West Parkway Pompton Plains NJ 07444 973-835-8585

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167 N9th Street Brooklyn NY 11211 Tel 718 599 4690

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Kamotsuru Sake Brewing Co., Ltd.

Right after Japan entered the modern era of the Meiji Restoration in 1868, the long-standing sake brewery in Hiroshima Prefecture also set for their modernization and the new phase of their sake brewing history. In 1873, Wahei Kimura named their sake "Kamotsuru" and in 1898 the brewery introduced the first rice-milling machine in Japan. Since then, they've kept brewing sake with the spirit, "Quality First" and catered high quality and safe products to customers.

The home of Kamotsuru Sake Brewing Co., Ltd., Saijo-cho in Higashi Hiroshima City has optimal settings to brew good sake: clean and pure air, rich subsoil water and the climate cool in summer and cold in winter. Also their surrounding area is well known for its quality rice production. The brewery mostly uses the sake rice harvested in Chugoku Mountains at a high altitude (300-400 meters above sea level) in the northern part of Hiroshima Prefecture, where it conveniently has good soil for growing rice and optimal weather conditions for storing seeds. All of these factors lead to the brewery's longevity and the quality of their sake that's been loved for centuries.

Kamotsuru has greatly contributed to establishing the Hiroshima Style brewing method, one of the most esteemed brewing styles in Japan. The origin of the style dates back to 1898 when Senzaburo Miura of the brewery established the inventive brewing method by using soft water and fermenting the rice slowly at a low temperature over time. Brewing sake with soft water is considered extremely difficult and requires a lot of technique, but once it's nicely done, the result you get is a superb, refined and round flavor of sake. In the brewery, this method is passed down from veteran brewers to younger brewers.

The U.S. sake fans can enjoy a variety of Kamotsuru lines, including Gold Kamotsuru, a long selling daiginjo class sake since 1958, Sokaku Kamotsuru, a graceful and fruity daiginjo and Namakakoi Junmai. The brewery plans to expand their overseas business, so hopefully we'll be able to enjoy more of their sake coming to the States in the near future.

Kamotsuru Sake Brewing Co., Ltd.
4-31 Saijo-honmachi Higashi-hiroshima City
Hiroshima 739-0011 JAPAN
TEL. +81-82-422-2121 / ww.kamotsuru.co.jp

3 things you should know about Kamotsuru Sake Brewing

Kamotsuru is a pioneer of daiginjo sake brewing. Even from the Meiji Period (1868-1912), Kamotsuru made higher milling rate sake, as high as 60% and in 1958 they introduced the daiginjo class sake for the first time to the industry. The daiginjo sake Gold Kamotsuru, instantly got attention at the time and it's still one of the signature sake of the brewery.

Kamotsuru's sake cellars, built in the early 20th century are known for their patterned walls with beautiful white plaster. They are still in use. The towering red brick chimneys from the cellars are not used anymore, but today these constructions establish an important part of the local landscape.

Kamotsuru has inherited the Hiroshima style brewing method from generation to generation. Currently in Kamotsuru, there are three young brewmasters: two are in their 30s and one in his 40s, who have developed their skill with senior brewmasters. They are highly acclaimed and have helped Kamotsuru receive numerous awards in the local, national and international appraisal contests.

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ALC 12.5% BY VOL.
INGREDIENTS RICE, RICE KOJI
SAKE METER VALUE -11

720 ML 300 ML

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HOPE FOR JAPAN

THE FUTURE OF FISH

Providing the latest culinary information and packed with workshops, demonstrations and cook-offs, the annual StarChefs.com International Chefs Congress (ICC) attracts top chefs, mixologists, food business owners and journalists who are looking for new ideas and products. In the 7th installment of this three-day culinary symposium, which will take place this year from September 30-October 2, the U.S. wholesale seafood distributor, True World Foods will present its high quality products through tastings and demonstrations at its booth. It will be highlighting two of its most up-to-date products, Cho-Rei-Kun ONSUI yellowtail and D-Chilled tuna.

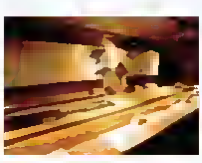
Cho-Rei-Kun refers to a unique new fish processing method trademarked by a company called ONSUI. The yellowtail processed by this Cho-Rei-Kun method has perfect white meat and its bloodline is preserved as a beautiful red that does not need to be removed, increasing the fillet yield by 8.1%. "It has pure white meat. Usually the very white meat is excessively fatty, but this Cho-Rei-Kun yellowtail has just the right amount of fattiness. Also, it retains yellowtail's great flavor and texture, which are usually overpowered by its fattiness," says Executive Chef Toshihide Terado of Azabu Sushi, the Michelin starred restaurant in Tribeca. He is scheduled to do cooking demonstrations of Cho-Rei-Kun yellowtail at ICC.

To provide a sneak peek of what Chef Terado will bring to ICC, this time he used Cho-Rei-Kun yellowtail to make picture perfect sashimi two ways and nigiri three ways. The snow-white sashimi pictured in front is yellowtail belly that is fatty and bodied, and the two-tone sashimi in the back uses meat from the lower part close to the tail, which has a lean and crisp texture. Chef Terado also maximized the characteristics of each part of the yellowtail by creating nigiri, one made with lean meat with chiai (dark red flesh), another with fatty meat simply scored, and the other uses the same fatty meat scored and seared served with momiji-oroshi (grated daikon radish with red pepper) and scallion.

Another featured fish at the ICC is D-Chilled tuna, which is similar looking to other types of tuna cuts. However, D-Chilled tuna is processed with a different technique, giving it a lot of benefits such as long-lasting bright red color, stable quality, no bacteria and easiness of usage. The tuna harvested is frozen on the boat at the extremely low temperature of -60°C (-76°F) and defrosted with a special method. True World Foods sales representative Ben Lau explains D-Chilled tuna's features with, "Unlike fresh tuna, D-Chilled tuna is sustainable because its quality is always the same. We cut off the bloodlines and skin, so you can use 100% of it with no waste."

You will be able to get more detailed information on Cho-Rei-Kun yellowtail and D-Chilled tuna and will have opportunities to actually sample how they taste at the True World Foods booth at the ICC.

Comprehending the features of the Cho-Rei-Kun yellowtail Chef Terado pulls the best flavor out of the yellowtail in his sashimi and nigiri. You can sample how they taste differently at the ICC.



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True World Foods NY, LLC
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Pioneer of Asian Style Spa in NY

Beauty Interview: Shizuka Bernstein of Shizuka New York Day Spa

What is different about your salon?

I used to work at a dermatologist's office and I believe in the Western medicinal science, but I also trust the Eastern philosophy of medicine and hospitality. So I decided to create a place where Eastern philosophy meets Western technology and execution towards skincare. I also wanted to incorporate Japanese "omotenashi" mind into the service at my salon. Here, you will be treated with the best Japanese style service and hospitality a spa can provide, but you won't leave here feeling just happy, you will also see great results, which is the most important aspect.

Tell us about some of your popular services.

We provide an array of services from facials to nails to hair removals. For a couple of years, we have been known for the Geisha Facial®, also know as the bird poop facial. We thought the popularity calmed down a bit, but the new Julia Roberts movie *Mirror Mirror* seems to have brought it back again. It's popular because the results are immediate, and there is no downtime after the procedure. The Collagen Booster where we use LED lights to stimulate collagen production is also popular. We've been consistently reviewed in media such as Allure, New York Magazine, Time Out New York and more.

What is your philosophy towards beauty?

Beauty is about having self-confidence and living a fulfilling, happy life. Beauty is merely the energy that emanates from within that. But sometimes there are personal problem areas, such as minor acne, usually small things other people would not even care about, but it's very personal to you, and you just need to overcome that to boost some confidence. That's what I try to help with.

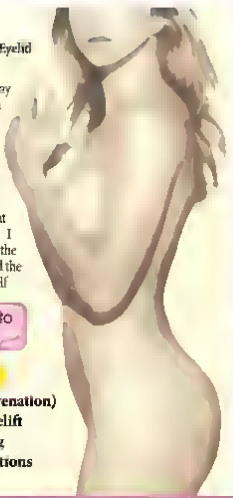
Shizuka Bernstein has been in the beauty industry since 1995. She is considered godsent from many of her celebrity clients. Shizuka New York Day Spa has been voted Best Facial twice by New York Magazine.

Shizuka New York Day Spa
7 W. 51st St. (bet. 5th & 6th Aves.) 6th Fl. New York, NY 10019
TEL. 212-644-7400 / www.shizukany.com

Patient's Voice

A patient who had multiple cosmetic surgeries: Eyelid rejuvenation, nose reshaping, jawline alteration

As I grew older, I became extremely unhappy with the way I looked. A friend of mine who had breast augmentation surgery introduced Dr. Loving to me. My eyelid rejuvenation surgery was a success. I was so happy with the result that I decided to have nose reshaping done followed by jaw alteration. I love my new face. What's more, the result was so natural that no one realized that I had a facelift. Friends and colleagues were giving me positive comments. "You're looking great these days!" "Aren't you looking younger as you age?" I had thorough counseling, so I was able to receive the treatments without worrying. Thank you Dr. Loving and the staff for making me beautiful and being proud of myself.



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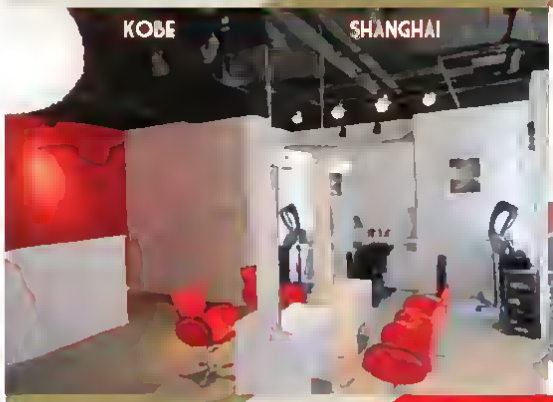

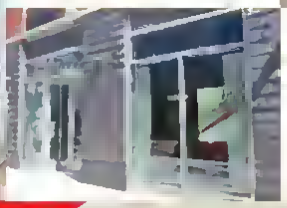

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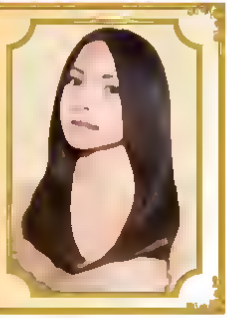

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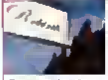
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Westchester **Akann Salon**
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New Jersey **Michi Beauty Salon**
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New Jersey **Salon Onsie**
170 Main Street Fort Lee NJ 07024 | $45-
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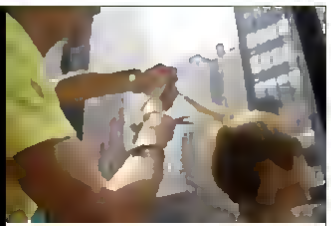

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SPA

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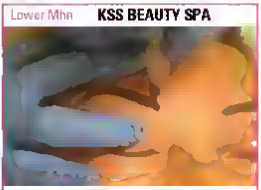

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Lower Mhn — **Coriaa Beauty Center**
121 Baxter St (bet. Canal & Hester St.) | 212-941-7118 | $35-

Lower Mhn — **Facial Spa**
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Tribeca — **Spring Thyme Wellness Spa**
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119-49 Union Tpk. Forest Hills, NY 11375 | 917-886-4004 | $60-

Queens — **Spa Castle**
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Westchester — **este de doroeko***
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45 Franklin Ave. Ridgewood, NJ 07450 | 201-445-1511 | $70-

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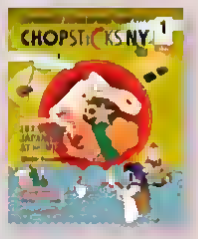

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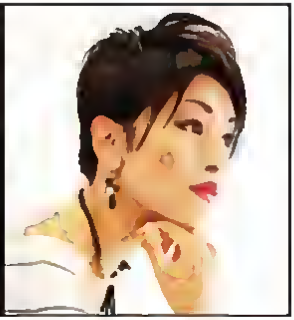

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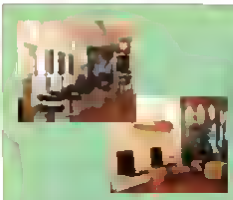

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① Peel the skin of one aloe leaf ② Cut the inside jelly part into half inch pieces ③ Add 14 ounces of vodka and store in a cool, dark place for one week ④ Take out one piece of aloe and mash it. ⑤ Add 2 spoonfuls of wheat flour and 2 spoonfuls of aloe vodka into the mash and mix well ⑥ Apply a thin coat of the aloe mask after washing your face, wait 10-15 minutes, and then rinse off the mask

ADVERTISEMENT

VOL. 4

A Good Stylist Starts With Being A Good Listener

HAYATO New York is the headquarters for the salon chain that has branches in Tokyo and London. Having served fashion savvy New Yorkers for 20 years, it has turned out a number of excellent stylists. To give you a glimpse of the salon's features and the secret of its longevity, we interview an up and coming stylist in the salon in each issue.

How would you describe Hayato?

We are a Japanese Salon, but we cater to all customers. We have people come to us from every race, nationality, background, and gender. Each of the stylists here are skilled enough to manage all types of hair. The hair salon's reputation developed when the Japanese straight perm was very popular, and it is still one of our most popular services. We always provide free massages so it's a good place to come if you want to relax.

What is your specialty?

I can do a lot of things, but I like to cut hair, so I would say my specialty is cutting. When the hair is short, there is not a whole lot of blow drying involved, and you can concentrate more on cutting, so I like short hair. That's probably why I handle a lot of male clients. With short hair, the results are immediate. You see the shape you create right away. So I like that aspect of it. It's like creating a sculpture.

How is cutting hair for men and women different?

Women usually require blow-drying to complete the styling, so you have to make sure to condition the hair for damage control. Women also like to have styles that are versatile, so there is a lot of thinking involved. But men usually do not require blow drying and prefer styles that are straightforward, and easy to recreate at home, so usually it's less complicated.

Is there anything especially important you keep in mind as a stylist?

I feel that my work is to improve people's lives. When people look good, they feel good, and a good life or good day starts from feeling good about yourself. I strive to make my customers happy, which means I have to be well rounded. Different people find happiness in different ways. Some like the job to be done fast, some like it thorough, some like a complicated design, some like simple styles they can easily redo at home. So I have to be versatile. Being a good listener is the key to being a good stylist.

Yuichi created a style for a guy that works in the marketing industry. "I wanted to create a style that he can easily do at home whether he is going to work or going out. So I kept the sides short and left a little length on top to give it movement so that the look is sharp and work appropriate, yet it can be playful depending on what you do with the top."

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Health Guide

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241 W. 20th St. 2 Fl (bet. 7th & 8th Ave.) | 973-851-2833 | $90 /60min

Midtown West — Osaka Health Spa 46
37 W. 46th St. 3 Fl (bet. 5th & 6th Ave.) | 212-575-1303 | $120 /60min

Midtown West — Shinn de Tokyo
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Midtown East — Do-ie Center

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141 E. 55th St. 2E (bet. Lexington & 3rd Ave.) | 212-657-5114 | www.do-iecenter.com | Seitai

Midtown East — neen NY LLC
16 E. 41st St. #2 (bet. Madison & 5th Ave.) | 212-661-5451 | $75 /50min

Midtown East — Herbal Fairy Wellness Spa
333 E. 49th St. Lobby O (bet. 1st & 2nd Ave.) | 212-268-3688 | $80 /60min

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22 E. 49th St. (Madison & 5th Ave.) | 212-599-5300 | www.idocenter.com | $90 /hour

Midtown East — Kankodo Inc
211 E. 53rd St. (bet. 2nd & 3rd Ave.) | 212-980-0099 | $80 /60min

Chelsea — Cowlicks Japan*
137 W. 19th St. (bet. 5th & 7th Ave.) | 212-367-8123 | $40 /30min

East Village — Ifetsy
229 E. 9th St. 2nd Fl (bet. 2nd & 3rd Ave.) | 212-253-6171 | $45 /60min

Lower Manhattan — Health Trail CO
23 Pell St. 2 Fl (bet. Mott & Doyers St.) | 212-608-8212 | $48 /60min

Lower Manhattan — Wink Health Wellness Center & Med Spa
34 Howard St. 2 Fl (Broadway & Crosby) | 212-625-8966 | $55 /60min

New Jersey — Eedo Seitai Shiatsu NJ
23 Kingsland St. 2 Fl, Nutley, NJ 07110 | 973-851-2833 | $90 /60min

ACUPUNCTURE

Midtown West — Nihon Medical Group
15 W. 44th St. 10 Fl (bet. 5th & 6th Ave.) | 212-575-8510 | $70 & up

Midtown West — Vital Balance Healing Center
241 W. 37th St. #405 (bet. 7th & 8th Ave.) | 212-470-3250 | $85 /60min

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Midtown East — Acumed Center*
150 E. 56th St. #1C (bet. 3rd & Lexington Ave.) | 212-866-8877 | $80 /60min

Midtown East — Amy Neturn Center
137 E. 47th St. 1st Fl (3rd & Lexington Ave.) | 212-317-2720 | $80 /visit

Chelsea — Love & Compassion
48 W. 21st St. 7 Fl (bet. 5th & 6th Ave.) | 212-242-8701 | $110 /120min

Chelsea — SuHu Natural Health
1 Union Sq. W. #715 (at E. 14th St.) | 212-691-6281 | $80 /visit

Queens — Chen Gui
133-47 Sanford Ave. #1G, Flushing, NY 11355 | 718-961-7222 | $80 /45min

Long Island — Ifimura Acupuncture
937 Willis Ave., Williston Park, NY 11596 | 516-582-1292 | $70/acu $40/ear

New Jersey — Dr Hong
6135 Bergenline Ave. #3, West NY, NJ 07093 | 201-854-8496 | $70 /30min

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Midtown West — Anshin Medical Health Care
36 W. 44th St. #303 (bet. 5th & 6th Ave.) | 212-730-3010 | General Clinic

Midtown West — Nihon Medical Group
15 W. 44th St. 10 Fl (bet. 5th & 6th Ave.) | 212-575-8510 | General Clinic

Midtown East — Haruyo Fujiwara PhD
117 E. 37th St. #1A (bet. Lex & Park Ave.) | 212-286-2727 | Psychologist

Midtown East — iDo Holistic Center*

Do Holistic Center specializes in Kampo, Eastern herbal medicine and provides treatments for physical and psychological problems unique to females (PMS, menopause, migraines, allergy and constipation). A 30-min consultation is $20 (reg. $80) for new patients.

22 E. 49th St. (Madison & 5th Ave.) | 212-599-5300 | www.idocenter.com | Herbal Medicine

Midtown East — Japanese Medical Practice
55 E. 34th St. 2 Fl (bet. Park & Madison Ave.) | 212-889-2118 | General Clinic

Midtown East — Midtown Dental Group
155 E. 55th St. #301 (bet. Lexington & 3rd Ave.) | 212-759-5595 | Dentist

Chelsea — Haruna Miyamoto SW
304 W. 19th St. #3C (bet. 8th & 9th Ave.) | 347-403-3508 | Social Worker

New Jersey — Edgewater Family Care Center
725 River Rd. #202, Edgewater, NJ 07020 | 201-943-4040 | General Clinic

New Jersey — Japanese Women's Center
670 Palisade Ave. 3 Fl, Teaneck, NJ 07666 | 201-747-2224 | OBGYN

New Jersey — New Jersey Clinic
2231 Lemoine Ave., Fort Lee, NJ 07024 | 201-944-1008 | OBGYN Gastro

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Upstate — Body By Chizuru
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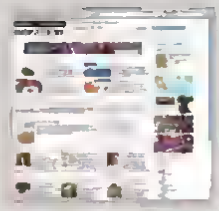

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Shikoku: Island with Four Specialties

Japan has four main islands, Hokkaido, Honshu, Shikoku and Kyushu from north to south. Although Hokkaido, Honshu and Kyushu are connected by the shinkansen (bullet train), Shikoku does not have direct access from the shinkansen routes. This is one of the reasons that the scenic and culturally rich island tends to be ignored by foreign tourists, but Shikoku attracts a lot of domestic travelers.

Consisting of four prefectures, Kagawa, Ehime, Tokushima and Kochi and with almost 18,800 square kilometers, slightly smaller than the state of New Jersey, Shikoku Island offers an interesting variety of nature and cultural features to visitors. Naruto no Uzushio, tidal whirlpools in the Naruto Strait, is spectacular. It is currently the world's fastest whirlpool after Saltstraumen in Norway. The whirlpools can be observed from ships, or from the Naruto Bridge spanning the Strait. In contrast to the dynamic whirlpools, Shimanto River in Kochi Prefecture offers quiet, expansive views. Since it is remote from major cities and intact, it is referred to as "the last clear stream of Japan". It has 47 chinkabashi, or a low water crossing without parapets, made in order not to be washed away by floods. The southern tip of Shikoku is Ashizuri-misaki in Kochi Prefecture, where you can view the Pacific Ocean from the precipitating cape. It's also the area John Manjiro embarked on his whaling expedition before his ship wrecked and was saved by American whaler Captain Whitfield in 1844.

Shikoku is divided by four prefectures and each region has developed quite different cultural features. Dogo Onsen hot spring in Ehime Prefecture is one of the oldest onsen areas, which is known as the setting in legendary writer Soseki Natsume's autobiographical novel, Botchan. Kotohiragu, commonly known as Konpira-sama, is a shrine built in the middle of Kotohira Mountain in Kagawa Prefecture. It is famous for its long stone steps to the shrine, which has 785 steps to the main building and 1368 steps to the top. You can't miss Awa-odori dance festival during summer in Tokushima Prefecture. With 400 years of history, it is a kind of bon dance that has unique dancing steps with a rhythmical chant. The festival attracts more than 1,300,000 visitors every year.

The Shikoku Junrei, or Shikoku Pilgrimage is popular. The multi-site pilgrimage of 88 temples is associated with legendary Buddhist monk, Kukai, posthumously known as Kobo Daishi. Born in Kagawa Prefecture in 774, Kukai studied in China and brought a lot of philosophically and culturally influential things to Japan. The Pilgrimage spans entire Shikoku, stretching 1200-1400 kilometers depending on the routes. Though it's small, Shikoku offers a lot to see and experience to tourists.

Shikoku faces the Pacific Ocean on the south and Setonaikai Inland Sea on the north. Traveling along the coastline of Shikoku allows you to enjoy the dynamic view of the Pacific Ocean and quiet atmosphere of the Inland Sea.

The Naruto Strait has only 1.3 kilometers width and massive tidal water flow into and out of the strait every day. This creates tidal whirlpools known as Naruto no Uzushio.

Awa-odori is a carnival-like, energetic dance festival in mid-summer.

SHIKOKU SPECIALTY FOODS

SANUKI UDON (Kagawa Prefecture)
Sanuki Udon was named after the ancient name of the Kawaga Prefecture. Once made from the finest wheat grown in the Kagawa Prefecture (but now mainly imported from Australia) and combined with premium quality salt, Sanuki Udon is known for its unique texture: thick, firm and chewy. Best served al dente, this udon can be used in many different types of noodle soup dishes, the main two being a hot broth and a cold dipping sauce.

KATSUO NO TATAKI (Kochi Prefecture)
Kochi Prefecture is known for its lightly seared over an open flame bonito (tataki). Seasoned with salt or soy sauce mixed with vinegar and citrus, katsuo no tataki is sliced and commonly served with ginger, spring onions and garlic. With such simple seasoning and garnishing, this seared bonito bursts with delightful flavor.

IYOKAN (Ehime Prefecture)
Produced predominantly in the Ehime Prefecture, Iyokan is a popular Japanese citrus fruit. With a taste that can range from sweet to mildly sour and a peel tougher than a tangerine's, iyokan can be consumed like an orange. Iyokan is frequently used to make juice because of its large amount of juice, nutrients and vitamins.

TOKUSHIMA RAMEN (Tokushima Prefecture)
Mixed with a slightly sweet tonkotsu shoyu soup, crispy bamboo shoots and bean sprouts, tender slices of pork belly and fresh green onions, the Tokushima Ramen stands apart from other regional ramen because of its final ingredient and topping: a raw egg. The ramen noodles, with their chewy texture and medium thin size, are equally as appetizing as the dish's garnish.

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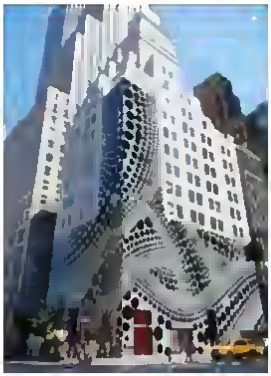
Japanese Pop Art Inspires the World:
Unique Collaborations Beyond Boundaries



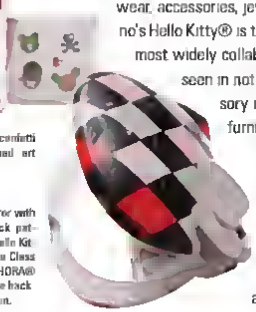
Art and fashion have always seamlessly influenced each other and created something innovative and remarkable. Japanese pop culture is now a strong inspiration for fashion trend-setters and is breaking boundaries.

French luxury fashion brand Louis Vuitton is introducing an extensive collection of splash dot motif bags, sunglasses, shoes and coats in collaboration with 83 year old Japanese avant-garde and pop artist, Yayoi Kusama. Concurrent with Kusama's retrospective exhibition at the Whitney Museum, the Louis Vuitton flagship store on the corner of 5th Avenue and 57th Street is now covered with Kusama's art as if it's pop-up installation art in the heart of a flashy Manhattan fashion street. In the past, Louis Vuitton has created lines in conjunction with another Japanese living legend pop artist, Takashi Murakami, and this boosted their sales drastically.

The Japanese pop artist Yoshitomo Nara, whose solo exhibition "Nobody's Fool" at Asia Society in NY last year was a huge success, designed a special bicycle model called The Trek Yoshitomo Nara Speed Concept. It was auctioned at Sotheby's for the Lance Armstrong Bicycle Auction in order to raise funds for Armstrong's cancer foundation LIVESTRONG. The auction price was $200,000, which is recorded as the second most expensive bicycle in history.

We can see some Japanese pop culture inspiring more affordable brands as well. Harajuku Lovers® is Gwen Stefani's brand of apparel, fashion accessories and stationery that launched in 2005. Harajuku refers to an area in Tokyo which attracts lots of young crowds because of its original street fashion. Meaning "sometimes" in Japanese, tokidoki® is a Japanese-inspired lifestyle brand created by Italian artist Simone Legno and his business partners, and it carries extensive lines of apparel, footwear, accessories, jewelry, toys and cosmetics. Sanno's Hello Kitty® is the Japanese pop-icon that is the most widely collaborated with, and she has been seen in not only various apparel and accessory items but also in food products, furniture and even bank cards.

tokidoki® nail confetti comes with nail art stickers!



A compact mirror with an argyle check pattern from the Hello Kitty® Head of the Class series at SEPHORA® is perfect for the back-to-school season.

The above examples are all commercially successful, so incorporating Japanese pop art might be a safe approach toward attracting consumers and becoming a hit in the market.

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Challenging the Limit of the Human Body

—— Interview with Yasuaki Yoshikawa (Wheel Performer)

In a tent set up in the heart of Times Square, the inventive and daring performance company, Spiegelworld is premiering its new circus/burlesque show, Empire. Among the multi-national cast members, Japanese performer, Yasuaki Yoshikawa, who specializes in the Rhonrad apparatus, is entertaining audiences with his acrobatic and powerful talent. Chopsticks NY sat and talked with Mr Yoshikawa about the show and his career path.

First of all, what is this sport Rhonrad or the German Wheel?

It was originally made as a toy for kids in Germany about 70 years ago. Then it became used in the Nazi training camps to train pilots. After the war, it was recognized as a sport.

What was your introduction to this sport?

As a young child, my favorite thing was to watch the Olympic gymnastics. I longed to be a gymnast, but where I lived there were no gymnastic training classes. So I gave up on that. But then, when I entered university, the University had a gymnastics team. I went to the team orientation one day, and this thing, a wheel, came rolling out into my sight. "What on earth?", I thought, and it was like love at first sight. That was the moment something clicked in my head and I thought, "this is my sport."

Was there a coach at the University?

Yes, it was a man who was still doing gymnastics at the age of 60. He could make the wheel moves even at his age. The reason I am here now is largely because of him.

But you were not a gymnast yet at the time. You must have had all these muscles you had not even used before.

I had muscle pains every single day. But every time I thought I reached my limit, the coach would say, "I know you can do it." Every time he said that, I would be like, "You really think so?" and it made me try harder. The coach was always looking a step ahead.

And you were undefeated for a while in Nationals while at the University?

I had no intentions of entering into the competition, but that coach registered me in it without my knowledge. After he did so, he told me, and I was like "What? Let's not be crazy," but then I soon reconsidered and decided to give it my best and learned all these new tricks. Back then there were only video tapes, so I would watch videos of other athletes and consulted the coach when I found a move I wanted to incorporate into my training. When I got to the competition, however, I was a bit confused because all the other athletes were not doing tricks that were that difficult. So after the competition, I asked him "Some other athletes told me I was doing too much." He said, "I wanted for you to look towards the world, and compete at that level." So I was like, "What? It was beyond the national level?" [laugh] The following year, I got a ticket, which I bought myself, to go to the World Championships just three years after I started training.

Rhonrad is not very common in Japan, but does it work well with the Japanese physique?

I think it's a good sport for Japanese people because they are studious. When I first discovered this sport, I thought it was very interesting, but at the same time, I also felt it was not the most glamorous sport. So you have to have the determination and will to know everything about the sport, and I think Japanese people are good at pursuing something to the core.

What made you switch from competition Rhonrad to performance Rhonrad

The first time I thought I wanted to perform the Rhonrad was right after the World Championships. At the world level, you do your act with music. And watching all the world leaders in this sport perform to music, I thought, "Wow, this is what I want to do." Watching them up close, performing, and listening to their breath, watching their muscles move, I got goose bumps. From that day on, I decided to warm up to the idea of leading that life. At the time, I was learning agriculture at the University. I really wanted to continue with the studies so I was torn. But at the end, I could not let this path pass me by.

After that, you got involved in the Muscle Musical in Las Vegas

Yes. I was there for two years, but I can say that those two years were probably the most challenging. Vegas is the mecca of entertainment. To have the chance to perform there alone was so special. And to perform for audiences who already have a good eye for performance was very challenging.

It's also a very challenging industry with so many performers from all over the world

Yes, the competition is fierce. To be able to stand out, you really have to have something that is yours. Many people do the same performance, but they do it with different emotions and expressions, and within that you have to find your own "color," your own "temperature" if you will. That's something I still think about everyday, and if someone asked me if I found it, I would say I have ways ahead of me.

That's where you met the guys from Spiegelworld from *Empire*?

Right. In Vegas, you have all these shows, there are these clowns. These clowns have workshops where they would showcase some new acts at a late night show called "*1230 Show*." I was interested in the clown act, so I jumped in and polished my act there. It so happened that during one of the shows, the *Empire* producer, Ross Mollison was watching. After the show a man came up to me, and he said to me, "Can you perform that in a 9 foot space"? I was thinking, "9 feet means 3 meters... that's going to be tough." Just as I was about to say "no" to him, the director of the *1230 Show* came out of nowhere and answered "Yes, yes. He can perform anywhere." So that was that, and Ross left. After he left, the director of the show said, "Why didn't you answer 'yes' right away? A guy with your talent should never say 'no'." That's when I learned that even if I am feeling not quite ready, I have to put a lid on that feeling and just go for it. That's the American way.

To be able to stand out, you really have to have something that is yours.

It's very American, indeed

After that, I looked for Ross on Facebook, and wrote him, "Yes I can! Please give me a chance." Then he replied, "Come practice once." So I started practicing there. He also requested me to do the double-ring wheel. But the double-ring requires more distance and space, so I was thinking it was impossible on that stage. Then Ross said he was expanding the stage just for me. However, even then, the stage was too small, but since they believed in me so much, I wanted to make it work. So I said, "I can do it. I just have to customize a smaller wheel and change the bar position." To that, Ross said, "Let's do it."

What would you say is the appeal of the show *Empire*?

I think the appeal of the show is the distance between performers and the crowd. It's so close, that if performers lost even a little bit of their concentration, it shows. And that difference is a big difference. A little change you bring to the routine elicits a big reaction from the audience. It's quite amazing.

You are working with a very diverse group of people from all over the world. What is that like?

It's so much fun every day. Top notch performers from all over the world gather here and it's wonderful. For example, everyone has their own way of warming up backstage, so I learn something new each day. And after work, hanging out outside of the tent is also a lot of fun. Every person brings a different culture to the table. Many don't even speak English, like me, so we communicate with our hearts. I love that aspect the most.

Please tell me about the time you made a consolation tour with your friend to the 3.11 disaster zone

When the 3/11 disaster struck, I was in Chicago. I could not fathom what was happening in Japan, or even imagine it. The internet information was vague, and finally watching TV, I began to grasp the situation. The disaster struck in March, and I was scheduled to go back in July. So until my return I thought about what I could do for Japan, so I went to the disaster zone and started volunteering. But I was not sure if I should perform there. While I was contemplating, I got an invitation from a volunteer organization to perform there.

We traveled the Oshika Peninsula and performed at a number of places, and everywhere we performed the people there were so happy. But wherever we went, people came to us and said, "Thank you for coming all this way. But there is another town over there that was hit hard. Please go there for them." The people there were always thinking of others, and seeing that gave me a lot of motivation. I was thankful they let me perform for them.

Was this after you were a part of *Empire*?

No, it was right before I joined. It was right after this experience when that offer came, and I still very much wanted to continue performing for people. I know that there is no connection between my experiences in the disaster area and the offer from Empire, yet I can't help but feel that there is. The offer from Empire reassured my pursuit of continuing Rhonrad with the mindset of "performing for the people."

NY is the mecca of theater. The audiences have a very fine-tuned eye, too. What sort of reception have you had here?

People are very honest here. If they think the show is boring, they show it in their faces. Sometimes, I would think I've done enough, but then I realize it wasn't enough at all. I have had several instances where it felt like I was beaten on the head. They look at you with sharp eyes, making me think I did not do enough when that wasn't the case, either. There is no question the NY audiences have high standards. I can feel it even from the stage.

Q: Rhonrad, a sport so far only really known in Germany, Japan, and Holland, but it seems that it's on the verge of becoming internationally recognized, yes?

I would be really happy if more people became interested and took up Rhonrad after seeing the performance.

-- Interview by Hideo Nakamura

Spiegelworld's *Empire* is scheduled to run until September 2nd.
The tent is located in 265 W. 45th St. (bet. Broadway and 8th Ave.)
http://www.spiegelworld.com/empirenewyork.html55
Yoshikawa's blog amebio.jp/wheelmaster

Entertainment Event / Leisure

Exhibition

August 21-29, 29-Sept. 2 FREE

Japanese Artworks 'youme'a "hime" and Teruyn Fujiyama s "Teruyo's World -colors and power"

Ouchi Gallery

Ouchi Gallery displays artwork by contemporary Japanese artists in a home-like setting From Aug 21 - 26, see youme's colorful drawings, inspired by her students, with communication the purpose behind her art. "Teruyo's World - colors and power " will be exhibited from Aug 28 – Sep 2 Teruyo Fujiyama was born in 1981 with Down's syndrome but it hasn't stopped her from winning many awards and prizes in art competitions She has participated in many group exhibitions in Japan and her work was also shown in Italy and China

Location. 170 Tillary St, (at Gold St.) Suite 507
Brooklyn, NY 11201
TEL. 347-987 4606

September 12 – October 13 FREE

Manji Inoue –Mystical White Porcelain-

Ippodn Gallery New York

Ippodo Gallery New York will hold a solo exhibition by ceramic artist, Manji Inoue Pursuing the beauty of the basic, plain white porcelain, Inoue carefully selects the porcelain stone he uses and finishes his work in a unique transparent glaze. This exhibition will consist of a total of forty works, including the round pots, 'crane-necked' flower vases, and gourd-shaped jars that are representative of his oeuvre, in addition to various other bowls and plates. A lecture will be held at Japan Society on Sep 10, prior to the exhibition, and the opening reception and artist talk will be held at Ippodo Gallery on Sep 12

Location. 521 W. 26th St. #1, (bet. 10th & 11th Aves.)
New York, NY 10001
TEL. 212 967-4899
www.ippodogallery.com

November 16 – February 25

Exhibition Tokyo 1955-1970

Museum Of Modern Art (MoMA)

From the mid-1950s through the 1960s, Tokyo transformed itself from the capital of a war-torn nation into an international center for arts, culture and commerce, becoming home to some of the most important art being made at the time. Tokyo 1955–1970 provides a focused look at the extraordinary concentration and network of creative individuals and practices in this dynamic city during these turbulent years featuring works of various media—painting, sculpture, photography, drawings, and graphic design Also, in conjunction with Tokyo 1955–1970, MoMA will be presenting a 40-film retrospective of the Art Theatre Guild, the independent film company that radically transformed Japanese cinema by producing and distributing avant-garde and experimental works from the 1960s until the early 1980s

Location: 11 W. 53rd St., (bet. 5th & 6th Aves.)
New York, NY 10019
TEL. 212 708-9400
www.moma.org

Performance

Aug 21-29

"Hanafuda Denki (A Tale of Playing Cards)" at the NY Fringe

Ryuzanji Company

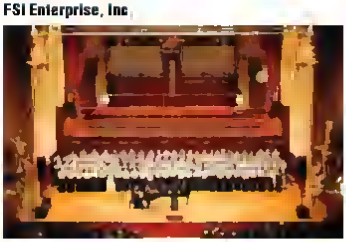
Written by avant-garde pioneer, Shuji Terayama "Hanafuda Denki (A Tale of Playing Cards)" will be performed by the Ryuzanji Company and have their American debut at the NY fringe A Japanese version of Bertolt Brecht's Threepenny Opera this new performance is directed by Saori Aoki of the company, who recreated it as a nihilistic musical comedy. It is set in a funeral parlor in the beggars district of Tokyo, during World War I. The plot humorously reverses ideas of death and life complete with lively singing and colorful kimonos

Location. HERE Mainstage Theater
145 6th Ave., (bet. Dominick & Spring Sts., Enter on Dominick St.)
New York, NY 10013
Info. www.ryuzanji.com

September 11 FREE

Tribute Concert for 911 Victims

FSI Enterprise, Inc



Presented by the Japan USA Friendship Memorial Fund, a memorial concert will be held in the West Village to remember the lost lives of the victims and brave souls of the 9/11 tragedy. The 911 Tribute Chorus Japan, led by director, Mr. Norio Suzuki will perform songs like Buddhism a song of praise, Mother Teresa, Words of Love, and Hannya-Shingyo. Also, a New York City's male chorus group of more than 50 members, the Big Apple Chorus, will be performing. Admission is free and donations will go to the 9/11 Charity Fund

Location: Salvation Army Centennial Memorial Temple Theater
120 W. 14th St., (bet. 6th & 7th Aves.)
New York, NY 10011
TEL. 212-807-0071 (FSI Enterprise, Inc.)

September 16
Annual Circle Wind Concert 2012
The Japan Choral Harmony (JCH)

The Japan Choral Harmony will be hosting The Fifth Annual Circle Wind Concert, commemorating the 9/11 tragedy and last year's 3/11 earthquake and tsunami on Sep 10 at the Kaufman Center Merkin Concert Hall. This year's concert will not only feature amazing performances by The Boys and Girls Choir of Harlem Alumni Ensemble and the Trio de Zunda, but will also acknowledge the 150th anniversary of the birth of Japanese scientist, educator and writer, Dr. Inazo Nitobe, whose classic book, "Bushido: The Soul of Japan" was an influential best seller in 1906. For ticket information and other details, go the the Kaufman Center website: www.kaufman-center.org

Location: 129 West 67th St., (bet. Broadway & Amsterdam Ave.)
New York, NY 10023
TEL: 212-501-3300
www.kaufman-center.org / Info: mike.s@mushroomwisdom.com

Lecture/Forum/ Film/Festival

September 15 FREE
Strategy to Invest in Japanese Real Estate Seminar
Sumitomo Realty & Development

Own the very best of Japan by diving into the Japanese real estate market. This seminar will introduce the Japanese real estate market, Sumitomo Realty & Development as well as information about condominium properties that are for sale. Free admission by registration only. Seats are limited. Call 212-582-8020 or e-mail condominium@sumitomo-rd-ny.com for reservation.

Location: InterContinental New York Barclay
111 E 48th St., (bet. Park & Lexington Aves.), New York, NY 10017
Info: http://sumitomo-rd-ny.com/seminar/ TEL: 212-582-8020

Event

August 29
Sake Pairing Event
Family Recipe

Family Recipe is a unique Japanese restaurant that serves healthy Japanese food. For their first sake event, chef/owner, Akiko Thurnauer will be pairing favorites from their summer menu with eleven sakes curated by Kuramoto USA. Sake sommelier Hiromi Iuchi will also be on hand to discuss the selections. Tickets are $50 until Aug. 28, $55 at the door (cash only). For reservations, go to http://rsake1.eventbrite.com/

Location: 231 Eldridge St., (bet. Stanton & E. Houston Sts.)
New York, NY 10002
TEL: 212-529-3133 / www.familyrecipeny.com

September 26 & October 1
Hawaiian and Odango Night
Umi no ie

Feel like you're in Hawaii on Sep. 26 at Japanese comfort food restaurant Umi no ie. Enjoy a hula dance and ukulele show while dining on Hawaiian cuisine and sipping on original Hawaii shochu cocktails. Celebrate the harvest moon on Oct. 1 with Odango Night. A variety of egg dishes will be served alongside Tombo shochu, Momokawa organic wine, and brown rice amazake. It will be a rare chance to enjoy freshly made dango (sweet rice dumplings).

Location: 86 E 3rd St., (bet. 1st & 2nd Aves.)
New York, NY 10003
TEL: 646 654-1122
www.downtownumino.com

September 16
Kids Day Origami Lessons
Kiteya

Carrying a variety of traditional gift items and accessories as well as kimono items from Kyoto, Kiteya Soho is celebrating Kids Day with origami lessons. Children can learn the craft of folding Japanese paper. Limited to 12 participants, reservations are required by phone call. In addition, beginning September, store hours will change: Mon-Sat 11-7 pm, Sun 12-6 pm, closed Wed.

Location: 464 Broome St., (bet. Mercer & Greene Sts.)
New York, NY 10013
TEL: 212 219 7505
www.kiteya.com

September 16
End of Summer Celebration
Cowlicks Japan

Japanese hair salon, Cowlicks Japan is celebrating the end of summer with clowns, dinosaurs, music and Nagashi somen. Cold somen noodles are sent down a bamboo water flume where participants attempt to capture the noodles with chopsticks then eat them with condiments. A Japanese clown and the introduction of a new dinosaur character will be part of the children's early afternoon set and a Japanese jazz performer will accompany the evening adult set. The event is free, but space is limited, so reservations are required for attendance. Check out the happenings link on their website for hours and details. Event details are subject to change.

Location: 137 W. 19th St., (bet. 6th & 7th Aves.)
New York, NY 10011
TEL: 212 367-2123 / cowlicksjapan.com

September 27-30
Hokkaido Fair 2012
Mitsuwa Marketplace

From Sep. 27-30 Mitsuwa Marketplace will hold their

annual food fair of Hokkaido products. All products and ingredients come straight from Japan, including 15 skilled craftsmen from Hokkaido, for sales demonstrations. This year's main exhibitor, made popular last year, is Ramen Kagetora offering a new menu of two types of Kotteri Ramen: salt and soy sauce based. "Kanikosen" crab sushi bento boxes are a huge hit every year, as well as ikameshi (simmered squid stuffed with glutinous rice) from Abe Shoten, which has a new scallop ikameshi this year. Two cooking demonstrations will be held by Sapporo Mireika, bringing Catalana Cheese Cake, and Maruhiro Ota, bringing seafood croquettes. Shuttle bus service from New York's Port Authority, see website for details

Location: 595 River Rd., Edgewater, NJ 07020
TEL: 201-941-9113 / www.mitsuwa.com/english

October 9 FREE
Public Speaking Club Open House
Nichibei Toastmasters

Come and have a taste of this fun loving and inspiring English/Japanese bilingual speech communication group, "Nichibei Toastmasters" during its free open house! Nichibei is one of the local public speaking clubs of Toastmasters International, a nonprofit organization and a world leader in communication and leadership development aiming at fostering self confidence and personal growth. Celebrating the 21st anniversary of its foundation, Nichibei will hold its open house on Oct. 9. Hors d'oeuvres will be served and a workshop is also scheduled. Please visit Nichibei's website for more information

Location: NYU Office for International Students and Scholars
1 Washington Square Village
(bet. Mercer St. & LaGuardia Pl.), Ground Fl.
New York, NY 10012
Info: http://nichibei.toastmastersclubs.org/

November 3-4
International Children's Day Celebration 2012
International Shinto Foundation

ISF's annual event, International Children's Day Celebration (Shichigosan) will be held once again at New York's Japan Society. Shichigosan is best known throughout the world as one of the most graceful and joyful ceremonies for children. The Children's Day Celebration will be performed in the traditional Japanese Shinto ritual form, based on the prayers and blessings for the happiness of the children taking part in the ceremony as well as for all children every where. 3 and 5 year old boys and 3 and 7 year old girls of all religions are cordially invited to participate in this event. Registration is required online by Oct. 19. Please visit ISF's website for more details

Location: Japan Society
333 E. 47th St., (bet. 1st & 2nd Aves.)
New York, NY 10017
Info: newyork@shinto.org (ISF NY center)
www.shinto.org/isf/753.html

Happenings

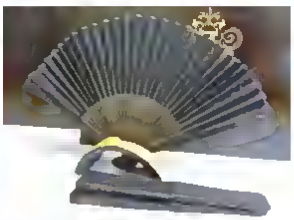
Win a Tablet with Ajinomoto Sweepstakes
Ajinomoto Frozen Foods U.S.A. INC.

From Sep. 1 to Oct. 31 in appreciation of customer patronage, Ajinomoto Frozen Foods U.S.A. INC. will hold a sweepstakes where the grand prize is a Samsung Galaxy Tab 2 10.1 with 16GB that will go to two lucky winners and an Ajinomoto Eco Bag for 100 winners. To enter, go to participating Asian and Japanese supermarkets selling Ajinomoto frozen gyoza for an entry form, and mail in your answers to a simple quiz. See website for more details

www.ajifrozenusa.com/sweepstakes12

Website Renewal Promotion
Bradelis New York

Custom fit lingerie store, Bradelis New York is offering a commemorative gift to promote the renewal of their online shop www.ShopBradelisny.com. During checkout enter the promo code "BRADELISFAN" with an online purchase of more than $ 300 and the first 50 customers will receive an original BRADELIS Japanese fan. Promotion runs from Sep. 1 until fans are sold out. Feel comfortable and look great with Bradelis New York



Locations: 211 Elizabeth St., (bet. Prince & Spring Sts.)
New York, NY 10012
TEL: 212-941-5629
66 Madison Ave., (bet. 27th & 28th Sts.)

Happenings Feature

NY-Japan Summer Cultural Experience Family Day

Keio Academy of New York

With the conclusion of the Keio Academy of New York NY-Japan Summer Cultural Experience, which has been held every year since 2008, participating students and their parents gathered for the Family Day event on August 2. Parents got to visit language classes, take a campus tour as well as see a preview of the Video Production Workshop which was produced by the students with instructions from Downtown Community Television Center (DCTV). The main event was a lecture from Fujisanker Communications International newscaster, Mr. Kuge Kaoriko, who talked about "Newscaster and Journalist Career." To ensure quality information, students learned that the most important thing is to represent correct information and it was a great opportunity for them to see another side of the news industry. With 63 participants from Japan, Mexico, Brazil, and all over the U.S., students got to experience a different culture beyond the language barrier, which is a valuable experience to cultivate a global perspective

Location: 3 College Rd., Purchase, NY 10577
TEL: 914-694-4825 / http://www.keio.edu/english/

New York, NY 10016
TEL: 212-599-2223

135-20 39th Ave., Suite HL 219
(at Sheraton LaGuardia East Hotel)
Flushing, NY 11354
TEL: 718-353-1345 / www.bradelsny.com

Free Acupuncture Consultation

Cindy E. Levitz, L.Ac.

Licensed Acupuncturist and Certified Herbologist Cindy E. Levitz, L.Ac., provides effective acupuncture treatments for many health problems as well as a Facial Rejuvenation Acupuncture treatment to help reduce or eliminate lines or wrinkles. Tap into your potential for better health and beauty by calling for a free acupuncture consultation! In addition, customers will receive a 10% discount on their first treatment when mentioning Chopsticks NY.

Location: 1123 Broadway, (at 25th St.), Suite 418
New York, NY 10010
TEL: 917-287 8486
www.AcupunctureAndHealth.com
Info: GnAcup@aol.com

Color, Cut and Facial Discount

Hearts NY& Yukie Beauty Spa

Get a brand new back to school or end of summer look with Hearts NY & Yukie Beauty Spa. Now for Chopsticks NY readers mentioning this ad, get a cut and color for $100 (Reg. $130, no stylist requests). The Sparkling Carboxy Facial will also be offered half price at $70 for first timers. The tiny bubbles remove oil and dirt and provides anti-aging care. Discounts valid for the month of September!

Location: 40 E. 58th St., (bet. Park & Madison Aves.), 2nd Fl
New York, NY 10022
TEL: 212-810-6900
www.heartsny.com

50% Discount Massage

iDo Holistic Center

iDo Holistic Center is a holistic healing and relaxation spa that provides optimum massages specializing in shiatsu massage and located in NYC's Midtown. Now a 30 minute herbal sauna and 50 minute massage is 50% off, offered at $65 (Reg. $130). Take advantage of this great opportunity to help get rid of everyday stress and feel better at iDo Holistic Center.

Location: 22 E. 49th St.
(bet.5th & Madison Aves.), 3rd Fl.
New York, NY 10017
TEL: 212-599-5300
www.idocenter.com

Special Discount on Bras With Free Gift

Healthier Life Body Slimming Intimate Apparel

Healthier Life Body Slimming Intimate Apparel is a new lingerie shop that just opened in the East Village in August. Their bras can help increase breast size by one cup for smaller breast women. They're now offering 60% off of all bras and bra sets (the set comes with matching panties). In addition, customers will receive a free gift such as a silicone bra, t-back, and high waist girdle. Promotion is valid until Sep. 30.

Location: 291 E. 4th St., (bet. Ave. B & C)
New York, NY 10009
TEL: 917-806-5587
www.sexysupportivebra.com

50% Off Private Make-Up Lessons

Yui Salon

Situated in a quiet neighborhood in the West Village, Yui Salon specializes in both hair styling and make up services with highly trained beauty specialists on staff. They're now offering 50% off of private make-up lessons by Yuriko for new customers: partial make-up lessons are $25 for 30 min. (Reg. $50), and full make-up lessons are $50 for 60min. (Reg. $100). Customized private make up lessons are also available based on your needs. Offer is valid thru September.

Location: 323 West 11th St.
(bet. Greenwich & Washington Sts.)
New York, NY 10014
TEL: 212 647-9303
www.yuisalon.com

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2 for 1 Acupuncture & Pilates Therapy Deal

Russell Stram PT, LAc.

Russell Stram PT, Lac. provides quality treatment for both acupuncture and Pilates physical therapy that can give you relief of your symptoms, whether your complaints are pain, stiffness, weakness, or more internal in nature. Now when customers buy a $100 session of either acupuncture/pilates, they will receive a free session of either acupuncture/pilates (worth $100). Offer is only valid for new cus-

Happenings Feature

Premium Economy Seat Open House

All Nippon Airways

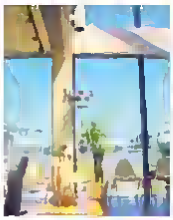
With the aim of upgrading hospitality, ANA introduced at the end of August the Premium Economy Seat with travel between New York and Tokyo, as well as the Plus Alpha Menu. In order for the general public to experience the relaxation and comfort of the Premium Economy Seat, an Open House was held at The Nippon Gallery and Mitsuwa Market Place New Jersey. Participants got to experience the luxury, above regular economy class first-hand with the Plus Alpha Menu that serves sparkling wine and soup, and a comfortable seat and relaxing space with a large headrest and leg rest. The benefits and services of Premium Economy, includes priority check-in service, lounge service before departure and priority baggage delivery service. From October 28, 2012, New York (JFK) – Tokyo (Narita) routes will be increased to two flights per day, making it more convenient to travel than ever before.

Info. www.fly-ana.com

tomers thru September. Please mention Chopsticks NY to take advantage of this special deal.

Location. Midtown East Acupuncture
425 Madison Ave., (bet. 48th & 49th Sts.), 11 Fl.
New York, NY 10017
TEL. 917-484-0887
www.nycshinkyu.com
russ@nycshinkyu.com

20% Off Haircuts & 50% Off Hair Treatment for Chopsticks NY Readers
Salon Oasis



Salon Oasis is now offering a new 20% discount for all first time Chopsticks NY readers who receive a haircut. For customer's receiving a perm and color, hair treatments will be offered for $15 instead of $30. By treating hair before a perm or color treatment potential hair damage can be reduced and color can become even brighter and longer lasting. These special discounts are valid from Sept. 1 thru Sept. 30, so don't miss this chance to enjoy a new, healthy looking summer hair style.

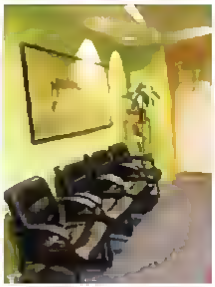
Location. 170 Main St. 2nd Fl.
Fort Lee, NJ 07024
TEL. 201-242-0554
www.salon oasis.net/index.html

Spa Combo Campaign
KSS BEAUTY SPA

Offering quality services for over 30 years, KSS Beauty Spa provides a complete range of beauty services, including facials, microdermabrasion, permanent makeup, spa treatments, massages and nail care. New customers mentioning Chopsticks NY can receive Eyelash Extensions for $60 (save $28), and Permanent Eyebrows for $150 (a 50% discount). Also, local customers are eligible to receive a first time deep cleansing facial for $39. Campaign is valid for the month of September.

Location. 187 Centre St.
(bet. Canal & Hester Sts.)
New York, NY 11012
TEL. 212-966-9531
www.kssbeautyspa.com

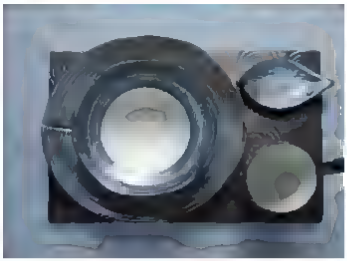
50% Off First Acupuncture Session
Valerio Acupuncture



Millions of people have found acupuncture to be a better solution than drugs or surgery. With a 3,000-year history, acupuncture successfully addresses acute/chronic ailments and manages pain. Licensed acupuncturist, Wilton Valerio L.Ac., is now offering 50% off for the first acupuncture session (Reg. $70) including consultation and treatment (60 min. in total) for only new customers that mention the ad in Chopsticks NY. Valid thru September.

Location: Rutherford Medical Complex
305 2nd Ave., (bet. 17th & 18th Sts.), Suite 2
New York, NY 10003
TEL. 646-842-0420 / www.acu healthny.com

10% Off for Chopsticks NY Readers
GAMA Pottery



From tableware to ceramic arts, products by GAMA pottery have a unique oriental touch with a sense of post-modernism and simplicity that can't be found anywhere in the U.S. All of their products are carefully hand crafted by renowned potters and ceramic artists from Korea so every piece has artistic senses with a distinctive design and uniqueness. They are offering a 10% discount for Chopsticks NY readers until Sep. 30. Take this chance to brighten your dining table and your home decor with authentic pottery products guaranteed by the Korea Ceramic Foundation.

Location: 1 Garden State Plaza, 2nd Level
Paramus, NJ 07652
TEL. 855-388 0333
www.gamapottery.com

Happenings Feature

Nissan Launches Reinvented 2013 Pathfinder
Nissan

Nissan held a special preview event for their all new 2013 Pathfinder in Chelsea on Aug. 2. Termed the next generation SUV, the 2013 Pathfinder offers more style, comfort, room, innovation and best-in-class fuel economy. Built with unibody construction, which allows for better fuel efficiency, the new Pathfinder is also now one of the lightest vehicles in its segment. Featuring a sleek, aerodynamically styled exterior, a premium interior, class-exclusive, user-friendly technology, the Pathfinder comes complete with a new navigation system and the most spacious passenger seats with EZ Flex Seating System™, now the only vehicle in its segment with a 3rd row seat recline. As Nissan's ultimate family adventure vehicle, the Pathfinder is great for the city with the highest standard towing capacity in class, and perfect for rugged terrain with off-pavement capabilities. A pioneer in zero emission mobility, Nissan has a strong commitment to developing exciting and innovative products. The new Pathfinder 2013 on sale at Nissan dealers nationwide this fall.

Info: www.nissanusa.com/all-new pathfinder

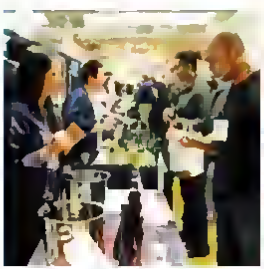
19th Annual New York Mutual Trading Japanese Food & Restaurant Expo

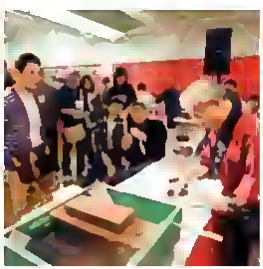
We are very pleased ta annaunce that ance again it is time far aur annual Restaurant Shaw!

This year, we will be facusing an new trends af Japanese cuisine with a slagan af
"Spotlighting Trends in Joponese Cuisine: Explore "ingredients" "Seosonings" & "Recipes"

As we always offer every yeor, we will hove approximately 75 suppliers to represent their products including Japanese foad premium sake, shachu, and handcrafted beer tastings fram breweries from all over Japan. There will alsa be a dishware and special kitchen equipment shawcase offering great deals as a shaw day special. We will be bringing many new items that you will be able to enjoy to the show.

Please be sure to attend and bring your friends and associates in the industry to the event.
We are laaking forward to seeing you at this year's Restauront Show!





- **Cooking Demonstrations by Top NYC Restaurants**
  - **RAMEN** : "Ivan Ramen" *Owner* **Ivan Orkin**
  - **SOSAKU WASHOKU** : "En Japonese Brosserie" *Executive Chef* **Hiroki Abe**
  - **ODEN**: "Yapparai" *Head Chef* **Junya Miura**
  - **SUSHI** : "Asian Terrace" *Head Chef* **Weng Osan**
  - **SHIO KOJI** : "Hakkoan" *Chef* **Natsuko Yamawaki**

- **Sake Seminar Series**
  - **Beer** : The benefit af craft beers in the market
  - **Sake** : How sake has crossed cultural boundaries
  - **Shachu** : Picking flavors for a shochu cocktail

- **Non-Food Seminar**
  - Knife Master (Tsukiji Masamoto) **Mr. Hirano**'s Sharpening basics.

OCTOBER 6, 2012
SATURDAY 10AM ~ 5PM

METROPOLITAN PAVILION
125 West 18th st.
(Between 6th & 7th Ave.)
New York, NY 10011

FREE Registration
visit www.NYMTC.com

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From October 28, 2012

More Flights to Choose (Schedule from Oct. 28, 2012)

●Departure from New York 〈JFK〉

NEW YORK (JFK)	11:15AM*	NH009	3:25PM (+1)	TOKYO (NRT)
NEW YORK (JFK)	4:55PM*	NH1009	9:05PM (+1)	TOKYO (NRT) NEW!

●Departure from Tokyo 〈Narita〉

TOKYO (NRT)	11:00AM	NH010	9:30AM*	NEW YORK (JFK)
TOKYO (NRT)	4:45PM	NH1010	3:15PM*	NEW YORK (JFK) NEW!

*Oct. 28 – Nov. 3, 2012 and Mar. 10 – Mar. 30, 2013.
Departure time from New York (NH9/NH1009) and arrival time in New York (NH10/NH1010) are one hour later.

More Convenient Same-day Connections with Flights to/from Japan and Asian Cities

More connections to other Asian cities from Narita
Mumbai, Jakarta, Seoul, Dalian, Shenyang, Qingdao, Xiamen, Hangzhou

*Will be launched in October 2012.

Launch date. All schedules and network are subject to change without prior notice. Depending on flight date, inter-or/seat specifications of NH1009 and NH1010 will vary based on the aircraft being used. Please check details when you book your flight.

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